



NKDEP

National Kidney Disease
Education Program

Chronic Kidney Disease Compendium

*Patient Educational
Materials*

Section 3

Introduction

This section of the *Chronic Kidney Disease Compendium* includes educational materials created for patients and the general public that deal with some aspect of chronic kidney disease (CKD). The subject matter of the *Compendium* is chronic kidney disease, its prevention, and the prevention of progression to end-stage renal disease (ESRD). Therefore, educational materials that focus on ESRD and its treatment are excluded.

The *Compendium* in its current form represents NKDEP's best effort to list available resources on chronic kidney disease; however the document is not exhaustive or comprehensive. Submission of appropriate entries is highly encouraged. Reference to the organizations, programs, and materials in this document are for informational purposes only and does not constitute or imply NKDEP's endorsement or guarantee of medical accuracy or completeness. Submissions should be sent via the comment section on the website <http://www.nkdep.nih.gov/contact.htm> or by mail to:

NKDEP

3 Kidney Information Way
Bethesda, MD 20892-3575

Many of the materials in this section are listed in CHID, the Combined Health Information Database. CHID is a bibliographic database produced by health-related agencies of the Federal Government. This database provides titles, abstracts, and availability information for health information and health education resources.

CHID lists a wealth of health promotion and education materials and program descriptions that are not indexed elsewhere. New records are added quarterly and current listings are checked regularly to help ensure that entries are up-to-date and still available from their original sources.

CHID is available online at <http://chid.nih.gov/welcome/welcome.html>. More information about how to conduct a search within CHID can be found at the site.

Materials in this section are listed in alphabetical order by title, and include information about the author, source, and availability of the item, as well as a descriptive abstract. Those materials that are included in CHID list an accession number at the end.

The following index will assist you in finding materials dealing with particular topics of interest. Page numbers are provided for your convenience. You can use the "go to " page command in Adobe Acrobat to locate the item of your choice. For Mac users, press the Apple Key and N key together. For PC users, press the CTRL key and N key together. The index has the following subject headings:

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Materials for Patients

2001-2002 Planner and Guide

Ortho Biotech. ("Kidney Care: Finding Your Strength.")

Available from American Association of Kidney Patients (AAKP). 3505 East Frontage Road, Suite 315, Tampa, FL 33607. Phone: (800) 749-2257 or (813) 636-8100. Fax: (813) 636-8122. Email: info@aakp.org Website: <http://www.aakp.org>

This planner provides an introduction to kidney disease, offers tips on managing your kidneys' health, describes symptoms of anemia, and contains monthly charts to monitor important numbers.

AAKP Patient Plan. Phase One: Diagnosis to Treatment Choice

Amtmann-Buettner, K.; Becker, C.

Tampa, FL: American Association of Kidney Patients. 2000. 49 p.

Available from American Association of Kidney Patients. 3505 East Frontage Road, Suite 315, Tampa, FL 33607. Phone: (800) 749-2257 or (813) 636-8100. Fax: (813) 636-8122.

Email: info@aakp.org Website: <http://www.aakp.org> PRICE: Single copy free.

This booklet is the first in a four-phase series of instructional materials for kidney patients. Published by the American Association of Kidney Patients (AAKP), the booklets are designed to address questions and concerns at various phases of the disease process. The four phases covered are diagnosis and treatment options, access and initiation, stabilization, and ongoing treatment. During each of these phases, the patient can keep control of his or her life by staying active and learning as much as possible about kidney disease and treatment. This first booklet on diagnosis and treatment options covers kidney function and failure, the patient's role in the pre-end-stage renal disease (ESRD) period, the health care team, treatment options, patient rights and responsibilities, medications, paying for treatment, and the government's role in health care. The treatments discussed include hemodialysis, peritoneal dialysis, and transplantation. The booklet concludes with a glossary of terms and an appendix that lists information resources, ESRD networks, questions to ask the health care team, and forms to record important medical information. The booklet encourages readers to educate themselves and become active members of their own health care team. There are quotes and suggestions from other kidney patients sprinkled throughout the text. When readers are finished with the book, there is a postage-paid card to send in to receive the second booklet. The booklet is illustrated with black-and-white photographs and tables. 5 figures. 5 tables.
CHID Accession Number: KU BK 08778.

AAKP Patient Plan. Phase Two: Access and Initiation

Amtmann-Buettner, K.; Becker, C.

Tampa, FL: American Association of Kidney Patients. 2000. 49 p.

Available from American Association of Kidney Patients. 3505 East Frontage Road, Suite 315, Tampa, FL 33607. Phone: (800) 749-2257 or (813) 636-8100. Fax: (813) 636-8122.

Email: info@aakp.org Website: <http://www.aakp.org> PRICE: Single copy free.

This booklet guides kidney patients through the second phase of a four-phase framework that describes the treatment process. The phases are diagnosis and treatment options, access and initiation, stabilization, and ongoing treatment. The booklet encourages patients to stay active and learn as much as they can about kidney disease and its treatment. The booklet reviews the second phase, the time when the patient makes his or her choice for a treatment type and adapts to a new routine. Topics covered include the dialysis unit, home hemodialysis, peritoneal dialysis (continuous ambulatory peritoneal dialysis and continuous cycling peritoneal dialysis), transplantation, quality of life issues (including sexuality and fertility), exercise, advance directives, work and employment, travel, medications, alternative and complementary medicine, other medications, and tests and chemistries (laboratory monitoring). The booklet focuses on answering practical questions that the patient will be facing every day while learning about treatment initiation and adjusting to the treatment of choice. The booklet includes a glossary of terms, numerous quotations from patients who have already gone through the process of adjusting, an appendix listing questions to ask the health care team, a blank form to record the individual's blood chemistry results, a list of herbs and their potential impact, and information about the American Association of Kidney Patients (AAKP). The AAKP is a national organization directed by kidney patients for kidney patients, with the mission of helping kidney patients and their families deal with the physical, emotional, and social impacts of kidney disease. 2 figures. 3 tables.

CHID Accession Number: KU BK 08872.

Alaska Health and Safety Education Resource Directory

Alaska Health Fair, Inc.

Juneau, AK: Alaska Department of Health and Social Services, Division of Public Health, Section of Community Health and Emergency Medical Services. February 1996. 103 p.

Available from Alaska Department of Health and Social Services, Division of Public Health, Section of Community Health and Emergency Medical Services. P.O. Box 110616, Juneau, AK 99811-0616. Phone: (907) 465-3140.

The Alaska Health and Safety Education Resource Directory provides a comprehensive listing of health and safety organizations known as resources for public education, information, and materials. Most of the organizations serve on a Statewide or regional basis in Alaska. Directory entries are listed in the table of contents, the keyword index, and the subject index. The table of contents is arranged alphabetically by the name of the agency or organization. The keyword index, found in the back of the directory, lists the same agencies and organizations alphabetically by principal keyword (the first meaningful term or terms in the organization's name). The subject

index, also found in the back of the directory, lists over 200 health and safety topics alphabetically, with reference page numbers. Each entry in the directory includes the contact address, telephone number, and contact person; a brief description of the function of the organization and its service area; educational programs offered by the agency or organization; topic areas addressed in the programs; the target audiences; educational materials available from the agency or organization; topic areas addressed and audiences targeted in the materials; cost of services; and information about whether or not the resource has other chapters, offices, or affiliations in Alaska. The agencies and organizations address such topics as injury prevention; safety education; physical fitness; substance abuse prevention strategies; smokeless tobacco and its effects; training programs on planning health fairs and other community health promotion events; occupational safety and health; kidney disease and treatment; mental health; domestic violence and sexual assault; continuing education for professionals; nutrition education; environmental health; services for people with disabilities; human immunodeficiency virus (HIV)/acquired immunodeficiency syndrome (AIDS) prevention education and antibody testing; diabetes screening; cardiovascular disease; immunizations; and parent education. CHID Accession Number (AN): HE9600883.

Anemia in Kidney Disease and Dialysis

Bethesda, MD: National Kidney and Urologic Diseases Information Clearinghouse (NKUDIC), National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK), National Institutes of Health (NIH). 2001. 3 p.

Available from NKUDIC. 3 Information Way, Bethesda, MD 20892-3580. Phone: (800) 891-5390 or (301) 654-4415. Fax: (301) 907-8906. Email: nkudic@info.niddk.nih.gov

PRICE: Single copy free.

Anemia (low levels of red blood cells) is common in people with kidney disease. Healthy kidneys produce a hormone called erythropoietin (EPO) which stimulates the bone marrow to produce the proper number of red blood cells needed to carry oxygen to vital organs. Diseased kidneys, however, often do not make enough EPO. Other common causes of anemia include loss of blood from hemodialysis and low levels of iron and folic acid. This fact sheet describes anemia in kidney disease and dialysis. The presence of anemia is identified by a complete blood count (CBC), which includes a determination of hematocrit (Hct) level (the percentage of the blood that consists of red blood cells). Anemia can begin with chronic renal insufficiency and tends to worsen as kidney disease progresses. Treatment includes EPO injections and iron supplements; some people may also need vitamin B12 and folic acid supplements to keep anemia under control and to allow patients to feel better, to live longer, and to have more energy. The fact sheet concludes with a description of current research projects in this area, a short list of resource organizations for more information, and a brief description of NKUDIC and its contact information. 2 figures. 1 table.

CHID Accession Number: KU DC 09055.

Are You At Increased Risk for Chronic Kidney Disease?

New York: National Kidney Foundation. 2002. 5 p.

Available from the National Kidney Foundation. 30 East 33rd Street, Suite 1100, New York, NY 10016. Phone: (800) 622-9010 or (212) 889-2210. Fax: (212) 689-9261. Email: info@kidney.org
Website: <http://www.kidney.org>

This brochure asks the reader whether he or she might be at increased risk for chronic kidney disease (CKD) based on Kidney Dialysis Outcomes Quality Initiative (K/DOQI) guidelines and describes the importance of early detection. The function of the kidneys is described, and CKD is defined. The groups who are at increased risk for CKD are listed, and the question of why certain minority groups are at greater risk is addressed. Symptoms, diagnosis, testing, prevention, and treatment are also discussed, and the increased risk of heart disease is also mentioned. Key points are summarized at the end.

Choices: Options for Living with Kidney Failure

McGaw Park, IL: Baxter Healthcare Corporation. 1997. VHS videocassette (29 min, 50 sec), col. Available from community service section of Blockbuster video stores. PRICE: Free rental. Also available to health professionals from Baxter Healthcare Corporation. Phone: (888) 736-2543. 1620 Waukegan Road, McGaw Park, IL 60085.

This videotape program helps viewers newly diagnosed with kidney failure to understand their treatment options and to make more informed choices for their own health care. The narrator reminds viewers that many members make up the health care team, but stresses that patients are the most important member of that team. The program reviews the functions of the kidneys, which are to clean the blood, to make red blood cells, to help maintain healthy bones and other bodily functions, to balance body fluids and chemical levels, and to retain valuable substances. Graphics demonstrate each of these functions. The narrator reviews the symptoms of kidney failure, and then real patients tell their own experiences of their movement into chronic kidney failure. The program outlines the common causes of chronic kidney failure, including diabetes, glomerulonephritis, hypertension (high blood pressure), polycystic kidney disease, and infections. The remainder of the program outlines each of the treatment options: hemodialysis, peritoneal dialysis, automated peritoneal dialysis (APD), and kidney transplantation. For each type, the program offers live footage of real patients using that treatment, drawings and graphics that demonstrate how the treatment works, and interviews with patients talking about how that treatment affects their lives. The program summarizes the reasons each treatment option may be appropriate or inappropriate for a specific patient. The program concludes with a list of general guidelines that can help to reduce treatment side effects and with a list of associations to contact for more information.

CHID Accession Number: KU AV 08198.

Consumer Health Information Source Book. 6th ed.

Rees, A.M., ed.

Phoenix, AZ: Oryx Press. 2000. 323 p.

Available from Oryx Press. P.O. Box 33889, Phoenix, AZ 85067-3889. Phone: (800) 279-6799 or (602) 265-2651. Fax: (800) 279-4663 or (602) 265-6250. Website: <http://www.oryxpress.com>

PRICE: \$64.95 plus shipping and handling. ISBN: 1573561231.

This book offers a comprehensive guide to the thousands of popular health information resources (both print and electronic) that may be of use to the general public. This book includes more than 3,000 descriptive evaluations. Chapter 1 portrays an expanded concept of consumer health information (CHI) within the context of trends in medical consumerism and the changing information needs of consumers in the era of managed care. Chapter 2 is an honors list of the best sources of CHI selected from the thousands of information sources reviewed. Chapter 3 lists and describes a wide assortment of health information clearinghouses, information centers, toll-free hotlines, health-related organizations, and search services, with special reference to available information services and products. Chapter 4 describes trends in the publication of popular medical magazines and newsletters and provides evaluative descriptions of more than 170 publications (this chapter also includes newsletters of voluntary health associations). Chapter 5 covers computer-based health information for consumers, including dial-up fax CHI services, CD ROM and diskette products, online services, and personal health software. Chapter 6 reviews current developments on the Internet, such as quality concerns, and discusses the significance and usefulness of the Internet to medical consumers. Chapter 7 contains reviews of 70 selected Internet sites and the most useful search engines, directories, and gateways. Supportive professional literature is identified and discussed in Chapter 8. Chapter 9 offers 491 reviews of consumer health books written from the mainstream medical approach (mostly published between 1997 and 1999). Chapter 10 offers reviews of 144 books on complementary and alternative medicine. Chapter 11 lists some 1,500 pamphlet titles covering a wide range of topics and arranged in 57 topical categories. Chapter 12 lists more than 600 Spanish-language titles. Three indices follow the main text: an author index, a title index, and a subject index. CHID Accession Number: KU BK 08466.

Diabetes and Kidney Disease [Le diabète et les maladies rénales]

(English. French.)

Montreal, Quebec: Kidney Foundation of Canada. 199x. 4 p.

Available from Kidney Foundation of Canada. 300-5165, Rue Sherbrooke Ouest, Montreal, Quebec H4A 1T6 CANADA. Phone: (514) 369-4806. Fax: (514) 369-2472. Website:

<http://www.kidney.ca> PRICE: Single copy free.

This brochure answers questions that readers with diabetes may have as they face a diagnosis of kidney disease. Diabetes is a disease caused by a lack of insulin in the body or the body's inability to use normal amounts of insulin properly. This results in high blood sugar, which can cause unhealthy changes in different body organs, including the kidneys. The kidneys regulate water, remove wastes from the blood via the urine, and balance the body's chemicals. Diabetes

affects the kidneys by damaging blood vessels, damaging nerves, and increasing the likelihood of infections. The brochure outlines the differences between type 1 and type 2 diabetes, then notes that about 40 to 50 percent of people with type 1 and 10 percent of people with type 2 diabetes will eventually develop kidney disease. The brochure encourages readers to watch for the early signs of or risk factors for diabetes-related kidney disease, including high blood pressure, protein in the urine, and burning or difficulty during urination. It also describes tests that help to detect kidney damage at an early stage. The brochure lists a few self care strategies to maximize diabetes care and reduce the risk of kidney damage. It concludes with a brief description of the Kidney Foundation of Canada, including patient services and public education programs.

CHID Accession Number: KU BR 07833.

Diabetes and Kidney Disease. [Diabetes y la Enfermedad Renal]

(English. Spanish.)

New York, NY: National Kidney Foundation. 1998. 11 p.

Available from National Kidney Foundation. 30 East 33rd Street, Suite 1100, New York, NY 10016. Phone: (800) 622-9010 or (212) 889-2210. Fax: (212) 689-9261. Email: info@kidney.org

PRICE: Single copy free. Order Number 02-09-CM.

This brochure summarizes the interplay between diabetes mellitus and kidney disease. After a brief review of diabetes and how it affects the kidneys, the brochure discusses the signs of kidney disease in a person with diabetes; ways to prevent kidney damage; how to slow the progression of kidney disease; how end-stage renal disease is treated in people with diabetes; issues of transplantation, hemodialysis, and peritoneal dialysis; the role of a low-protein diet; and the future outlook for patients with diabetes. The brochure is available in English or Spanish.

CHID Accession Number: KU BR 02608.

Diabetes and Kidney Disease: A Guide for American Indians and Alaska Natives

New York, NY: National Kidney Foundation. 2000. 11 p.

Available from National Kidney Foundation. 30 East 33rd Street, Suite 1100, New York, NY 10016. Phone: (800) 622-9010 or (212) 889-2210. Fax: (212) 689-9261. Email: info@kidney.org

Website: <http://www.kidney.org> PRICE: Single copy free; \$25.00 for 100 copies.

One out of five American Indian and Alaska Natives has diabetes, compared with 1 out of 20 adults in the total United States population. This brochure helps American Indians and Alaska Natives understand the interplay between diabetes mellitus and kidney disease. As a result of their high rate of diabetes, these populations develop kidney failure three times more often than white people. The brochure stresses that the best way to fight diabetes is to prevent it; this is especially the case for type 2 diabetes, which usually occurs in adults over age 45. Type 2 diabetes can be prevented or delayed by following a meal plan that is high in fiber and low in fat and simple sugars, getting plenty of exercise, and keeping body weight at a healthy level. The brochure also offers strategies for readers who have already been diagnosed with diabetes. The

brochure reminds readers of the signs and symptoms of kidney disease, including albumin (protein) in the urine, high blood pressure, swelling in the ankles and legs, and the need to urinate more often (particularly at night). The brochure explains how dialysis and kidney transplants can be used for patients in whom kidney disease has caused kidney failure. The brochure concludes with a list of booklets available from the National Kidney Foundation. The brochure features sidebars of individual American Indians and Alaska Natives sharing their stories of living with diabetes. 5 figures.

CHID Accession Number: KU BR 09063.

Exercise: A Guide for People on Dialysis

Life Options Rehabilitation Program. 44 p.

Available from the Life Options website or by contacting Life Options. c/o Medical Education Institute, 414 D'Onofrio Drive, Suite 200, Madison, WI 53719. Phone: (800) 468-7777 or (608) 833-8033. Fax: (608) 833-8366. Email: lifeoptions@MEIresearch.org

Website: <http://www.lifeoptions.org> PRICE: Free.

This booklet was developed for people on dialysis, but contains patient stories, exercise background, and how-to drawings that make it just as useful for people with chronic kidney disease who want to maintain their strength, flexibility, and endurance. Written by nationally renowned exercise physiologist Patricia Painter, PhD, this booklet will help people with kidney disease learn how to safely stay active. The booklet is offered by the Life Options Rehabilitation Program, which is administered by the Medical Education Institute and supported by Amgen Renal Advances. Life Options is dedicated to helping people with kidney disease to live long and to live well.

Facts About Kidney Diseases and Their Treatment

Mattern, W.D, ed.

(American Kidney Fund Public Information Series).

Rockville, MD: American Kidney Fund. 1999. 13 p.

Available from American Kidney Fund. 6110 Executive Boulevard, Suite 1010, Rockville, MD 20852. Phone: (800) 638-8299 or (301) 881-3052. Fax: (301) 881-0898. Email:

helpline@akfinc.org Website: <http://www.akfinc.org> PRICE: \$0.30 plus shipping and handling.

This brochure from the American Kidney Fund (AKF) informs the public about the signs, symptoms, and methods of treatment for various kidney diseases. The brochure begins by reviewing the anatomy and physiology of the kidneys, whose primary job is to remove waste from the blood and eliminate it in the urine. The kidneys also keep the right amount of fluid in the body by producing more urine when there is too much fluid. Kidney disease is actually a catch-all term that includes diseases ranging from urinary tract infections, to kidney stones, to more serious disorders such as polycystic kidney disease and glomerulonephritis. Many kidney diseases can be effectively treated if diagnosed in the early stages. The brochure stresses that high blood pressure (hypertension) can cause kidney disease and must be monitored and treated.

The brochure reviews the more common diseases of the kidneys, including kidney stones, pyelonephritis (inflammation of kidney tissue due to infection), nephrosis (a condition in which the kidneys remove too much protein from the blood), glomerulonephritis (inflammation of the thin walled capillaries where filtration takes place), polycystic kidney disease, and end-stage renal disease (ESRD). The brochure details the treatments available for ESRD, including hemodialysis, peritoneal dialysis, and transplantation. The brochure concludes with a summary of facts to remember about kidney diseases and reiterates the importance of controlling high blood pressure. The back cover of the brochure briefly notes the goals and activities of the American Kidney Fund. 4 figures.

CHID Accession Number: KU BR 08441.

Fighting Long-Term Complications

Beaser, R.S.; Aho, C.
(Joslin Diabetes Series).

Boston, MA: Joslin Diabetes Center. 1999. 38 p.

Available from Joslin Diabetes Center. One Joslin Place, Boston, MA 02215. Phone: (800) 344-4501 or (508) 583-3240. Fax: (617) 732-2562. Website: <http://www.joslin.harvard.edu>

PRICE: \$34 for package of 10; plus shipping and handling. Order number JDC140.

This booklet provides people who have diabetes with information on the long-term complications of diabetes, including eye, kidney, foot, nerve, and cardiovascular problems. The booklet discusses the importance of the hemoglobin A1c test for determining overall diabetes control. This is followed by an examination of specific complications and ways to prevent and treat them. Eye diseases associated with diabetes include glaucoma, cataracts, retinopathy, macular edema, and vitreous hemorrhages. Some of the more common complications of diabetes that can affect the kidneys include urinary tract infections, nonfunctioning bladder, and nephropathy. Treatment for advanced kidney disease includes hemodialysis, peritoneal dialysis, and kidney transplantation. Nerve damage caused by diabetes is called neuropathy. Types of neuropathy include sensory and autonomic neuropathy. Sensory neuropathy, which usually affects the extremities, results in a loss of feeling in affected parts of the body. Autonomic neuropathy affects involuntary nerves in the body, including nerves that control the actions of the stomach, intestine, esophagus, bladder, penis, and the circulatory system. Methods of treating neuropathy include pain relievers, antidepressants, and pain management techniques. Cardiovascular diseases associated with diabetes include heart disease. In addition to high blood glucose from diabetes, other risk factors that contribute to heart disease include being overweight, having high blood pressure, smoking, and having high levels of cholesterol in the blood. Foot problems are one of the most common long-term complications of diabetes. Good foot care is important to preventing foot problems associated with diabetes. People who have diabetes may also have skin problems, including excessively dry skin, shin spots, xanthomas, and necrobiosis lipoidica diabetorum.

CHID Accession Number: DM BR 08826.

Getting the Most from Your Treatment: What You Need to Know About Anemia

New York, NY: National Kidney Foundation. 1998. 23p.

Available from National Kidney Foundation. 30 East 33rd Street, Suite 1100, New York, NY 10016. Phone: (800) 622-9010 or (212) 889-2210. Fax: (212) 689-9261. Email: info@kidney.org
Website: <http://www.kidney.org> PRICE: Single copy free.

Many kidney patients develop anemia, or a low red blood cell count. For patients with kidney disease who are not yet on dialysis or those who have been receiving dialysis for some time, treating anemia is important to their health and quality of life. This booklet summarizes the problem of anemia and how to prevent and treat it. People on dialysis who have anemia are usually treated with a hormone called erythropoietin (EPO) and with extra iron. This booklet tells readers what anemia is and how it affects one's health, how anemia is treated, why iron is important in treating anemia, how treating anemia can benefit one's overall health, and additional resources that are available. Other topics include the role of diet in treating anemia, possible side effects of anemia treatment, anemia treatment during travel or illness, and payment for anemia treatment. Health benefits obtained from treating anemia can include an increase in energy level, an improvement in quality of life, a decrease in the chance of having heart problems, and an increase in one's ability to exercise. The brochure is written in nontechnical language and illustrated with simple line drawings. The brochure is one in a series of materials from an educational program of the National Kidney Foundation Dialysis Outcomes Quality Initiative (K/DOQI).

Get the Facts on High Blood Pressure

New York: National Kidney Foundation.

Available from the National Kidney Foundation. 30 East 33rd Street, Suite 1100, New York, NY 10016. Phone: (800) 622-9010 or (212) 889-2210. Fax: (212) 689-9261. Email: info@kidney.org
Website: <http://www.kidney.org>

This two-part, wallet-sized personal high blood pressure record card includes space for monthly readings and identifies the warning signs of kidney and urinary tract diseases.

Get to Know Your Kidneys: African American Health Education Program

Cincinnati, OH: Kidney Foundation of Greater Cincinnati. 1997. 1 p.

Available from Kidney Foundation of Greater Cincinnati. 220 Victory Parkway, Suite 510, Cincinnati, OH 45206. Phone: (513) 961-8105. Fax: (513) 961-8120. PRICE: Single copy free.

This brochure provides basic information about the anatomy and physiology of the kidneys. The brochure is from the African American Health Education Program of the Kidney Foundation of Greater Cincinnati. This program was specially designed for adults and children in the African-American community at risk for kidney disease, particularly those who have, or who are at risk of having, high blood pressure or diabetes. The mission of the program is to prevent or slow the

onset of kidney disease within the African-American community through ministry, education, and counseling. The brochure describes the size and location of the kidneys; what kidneys look like; the role of the kidneys as a filter system that sorts out and excretes waste products; how kidneys help to regulate blood pressure, the body's internal chemistry and hormones, and bone metabolism; and the role of the kidneys in stimulating red blood cell production. The remainder of the brochure reminds readers of the importance of knowing about the kidneys and describes how to recognize the warning signs of kidney disease. Kidney problems range from mild urinary tract infections treated with antibiotics to total kidney failure which requires kidney transplantation or treatment on an artificial kidney machine (dialysis). Uncontrolled high blood pressure (hypertension) and diabetes will often lead to kidney disease. One section lists three suggestions for good kidney health: eat a balanced diet and drink plenty of liquids; take medicine only prescribed by the physician and follow directions carefully; and protect the kidney area by wearing proper sports equipment and by wearing seat belts. The brochure is written in nontechnical language.

CHID Accession Number: KU BR 07946.

Glomerular Diseases

Bethesda, MD: National Kidney and Urologic Diseases Information Clearinghouse (NKUDIC), National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK), National Institutes of Health. 1999. 8 p.

Available from NKUDIC. 3 Information Way, Bethesda, MD 20892-3580. Phone: (800) 891-5390 or (301) 654-4415. Fax: (301) 907-8906. Email: nkudic@info.niddk.nih.gov

PRICE: Single copy free.

Also available at <http://www.niddk.nih.gov/health/kidney/pubs/glomer/glomer.htm>

Many diseases affect kidney function by attacking the tiny units within the kidney where blood is cleaned, the kidney glomerulus. This fact sheet describes the two major categories of glomerular diseases: glomerulonephritis, which features the inflammation of the membrane tissue in the kidney that serves as a filter; and glomerulosclerosis, which is the scarring or hardening of the tiny blood vessels within the kidney. The fact sheet first describes the anatomy and function (physiology) of the kidneys. Glomerular diseases damage the glomeruli, allowing protein and sometimes red blood cells to leak into the urine. A glomerular disease may also interfere with the clearance of waste products by the kidney, causing waste products to build up in the blood. Fluid can accumulate outside the circulatory system in the face, hands, feet, or ankles, and can cause swelling. The fact sheet reviews the symptoms of glomerular disease, including proteinuria (protein in the urine), hematuria (blood in the urine), reduced glomerular filtration rate (GFR), hypoproteinemia (low blood protein levels), and edema (swelling); the diagnosis of glomerular disease; the causes of glomerular disease, including autoimmune diseases (such as systemic lupus erythematosus, Goodpasture syndrome, IgA nephropathy), Alport syndrome, infection, glomerulosclerosis, diabetic nephropathy, focal segmental glomerulosclerosis (FSGS), and idiopathic nephrotic syndrome (minimal change disease); and a definition of renal failure and end-stage renal disease (ESRD). The fact sheet concludes with a glossary of terms, a sidebar describing the nephrotic syndrome, and a summary of the points presented in the document. A brief description of the NKUDIC is also included. 2 figures.

CHID Accession Number: KU DC 08355.

Healthy Hair Starts with a Healthy Body

Ann Arbor, MI: National Kidney Foundation (NKF) of Michigan.

Available from NKF of Michigan, Detroit Office. The Port Authority, 8109 E. Jefferson, Detroit, MI 48214. Phone: (313) 331-2800.

This brochure is part of a campaign to train hairstylists to talk to customers about health issues, particularly the prevention of kidney disease, diabetes, and high blood pressure. The brochure explains the program to customers, how they can prevent the target diseases and stay healthy (eat healthy meals, exercise regularly, stop smoking), and what the risk factors are and how they affect African Americans disproportionately.

High Blood Pressure and Kidney Disease

Bethesda, MD: National Kidney and Urologic Diseases Information Clearinghouse (NKUDIC), National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK), National Institutes of Health (NIH). 2001. 3 p.

Available from NKUDIC, 3 Information Way, Bethesda, MD 20892-3580. Phone: (800) 891-5390 or (301) 654-4415. Fax: (301) 907-8906. Email: nkudic@info.niddk.nih.gov

PRICE: Single copy free.

Available online at: <http://www.niddk.nih.gov/health/kidney/pubs/highblood/highblood.htm>

This fact sheet reviews the basics of high blood pressure and the effect it has on the kidneys. The symptoms of kidney disease are discussed, along with methods of prevention. High-risk populations are noted, and medications used to treat this condition are described.

High Blood Pressure and Your Kidneys [L'hypertension artérielle et vos reins]

(English. French.)

Montreal, Quebec: Kidney Foundation of Canada. 199x. 4 p.

Available from Kidney Foundation of Canada. 300-5165, Rue Sherbrooke Ouest, Montreal, Quebec H4A 1T6 CANADA. Phone: (514) 369-4806. Fax: (514) 369-2472.

Website: <http://www.kidney.ca> PRICE: Single copy free.

This brochure answers commonly asked questions about high blood pressure and the kidneys. High blood pressure (hypertension) occurs when blood vessels become narrower, forcing the heart to pump harder to push blood through the body. If high blood pressure is left uncontrolled, it can damage the kidneys (kidney failure), heart (heart attacks), and brain (stroke). High blood pressure is a silent disease; there are no clear signs or warning signals. The causes of high blood pressure are not fully understood, but there are risk factors for developing hypertension, including family history of the problem, age, high sodium (salt) diet, and race. The brochure

reviews the interplay between hypertension, kidney disease, and diabetes; describes the physiological role of the kidneys and why they are so important; and explains how hypertension can hurt the kidneys and reduce their effectiveness. The brochure also provides suggestions for healthier living to treat or prevent hypertension. One section reviews the warning signs of kidney disease. The brochure concludes with a brief description of the Kidney Foundation of Canada, including patient services and public education programs. 1 figure.
CHID Accession Number: KU BR 07838.

High Blood Pressure and Your Kidneys. [Acerca de Presion Arterial Alta y las Enfermedades de Rinones]

(English. Spanish.)

New York: National Kidney Foundation. 1997. 9 p.

Available from National Kidney Foundation. 30 East 33rd Street, Suite 1100, New York, NY 10016. Phone: (800) 622-9010 or (212) 889-2210. Fax: (212) 689-9261. Email: info@kidney.org
Website: <http://www.kidney.org> PRICE: Single copy free; bulk copies available.

This brochure discusses the interrelationship of high blood pressure and kidney disease. Written in a question and answer format and designed for the person who has been diagnosed with high blood pressure, the brochure discusses the causes, detection, and dangers of high blood pressure. In addition, the incidence of high blood pressure in the black population is briefly considered. The final sections present information about high blood pressure treatment, including the various medications used and their potential side effects. The brochure is available in English or Spanish.
CHID Accession Number: KU BR 00014.

Important Facts about Proteinuria and Kidney Disease

New York: National Kidney Foundation.

Available from National Kidney Foundation. 30 East 33rd Street, Suite 1100, New York, NY 10016. (800) 622-9010 or (212) 889-2210. Fax: (212) 689-9261. Email: info@kidney.org
Website: <http://www.kidney.org> PRICE: Single copy free; bulk copies available.
Also available online at <http://www.kidney.org/general/news/proteinuria.cfm>

This fact sheet describes how the kidneys normally process protein, and why protein in the urine can be a sign of kidney disease. It discusses routine screening; symptoms (only present with heavy losses of protein); and the association of proteinuria with other diseases and conditions, including diabetes, high blood pressure, heroin use, HIV and AIDS, and the use of certain over-the-counter medications.

Information About Kidney Care for Kids

Cincinnati, OH: Kidney Foundation of Greater Cincinnati. 1996. 1 p.
Available from Kidney Foundation of Greater Cincinnati. 220 Victory Parkway, Suite 510,
Cincinnati, OH 45206. Phone: (513) 961-8105. Fax: (513) 961-8120. PRICE: Single copy free.

This brochure discusses kidneys and kidney disorders in children. The brochure is from the African American Health Education Program of the Kidney Foundation of Greater Cincinnati. This program was specially designed for adults and children in the African-American community at risk for kidney disease, particularly those who have, or who are at risk of having, high blood pressure or diabetes. The mission of the program is to prevent or slow the onset of kidney disease within the African-American community through ministry, education, and counseling. The brochure answers common questions about the role of the kidneys as a filtering and regulating system that helps to maintain blood pressure, the internal chemistry and hormones in the body, bone metabolism, and red blood cell production; and the most common kidney disorders in children, including urinary tract infections, nephrotic syndrome, glomerulonephritis, and hypertension (high blood pressure). The brochure includes a check list of the warning signs of kidney disease in children, including persistent changes in the frequency or appearance of urine, poor appetite, slow growth or weight gain, persistent abdominal pain, difficulties with urination, loss of energy, lower back pain, bedwetting in children over 4 or 5 years of age (especially if the child was previously dry all night), and/or unexplained low grade fever.
CHID Accession Number: KU BR 07950.

Information Packet on Chronic Kidney Disease

Tampa, FL: American Association of Kidney Patients (AAKP). 2002.
Available from the American Association of Kidney Patients. 3505 East Frontage Road, Suite 315, Tampa, FL 33607. Phone: (800) 749-2257 or (813) 636-8100. Fax: (813) 636-8122.
Email: info@aakp.org Website: <http://www.aakp.org> PRICE: Free.

This package on chronic kidney disease (CKD) includes details on what CKD is, other conditions that may lead to CKD, and how it can be effectively treated. The packet contains dietary information, details on specific conditions such as anemia and diabetes, descriptions of treatment options, and much more. The packet is also filled with brochures and newsletters describing new programs and opportunities for recently diagnosed patients or those considered at risk for kidney failure. This packet is intended to serve as an introduction to chronic kidney disease, how it can be treated, and some of the conditions and issues CKD patients may face. Readers will find detailed information on how to optimize the care of their kidneys and what to expect from treatment options. AAKP continues to add new material to this packet on a regular basis.

Inside Look at Managing Diabetes

South Deerfield, MA: Channing L. Bete Co., Inc. 2000. 15 p.
Available from Channing L. Bete, Co., Inc. 200 State Road, South Deerfield, MA 01373-0200.
Phone: (800) 628-7733. Fax: (800) 499-6464. PRICE: \$1.60 each; plus shipping and handling;
quantity discounts available. Order number 75226.

This booklet provides an overview of diabetes management. The booklet begins by explaining how glucose gets into cells in a person who is healthy. This is followed by a description of type 1, type 2, and gestational diabetes. Risk factors for each type of diabetes are identified. The booklet then discusses the laboratory tests that can confirm a diagnosis of diabetes, including the fasting plasma glucose test, the random plasma glucose test, and the oral glucose tolerance test. Other topics include the effects of damage to the heart and large blood vessels and the impact of damage to the small blood vessels. Small blood vessel damage can lead to eye and kidney disease, reduced circulation to the feet and legs, and nerve damage. In addition, the booklet presents steps that people who have diabetes can take to improve their quality of life, including following a healthy meal plan, engaging in regular physical activity, controlling their weight, performing regular self tests of blood glucose, and testing for ketones. The booklet concludes with information on the use of insulin and diabetes pills to manage the disease and other ways to determine the effectiveness of a treatment and self-care plan.

CHID Accession Number: DM BR 09038.

It's Just a Part of My Life: A Guide for Young Adults with Chronic Kidney Failure

New York, NY: National Kidney Foundation. 1998. 14 p.
Available from National Kidney Foundation. 30 East 33rd Street, Suite 1100, New York, NY 10016. Phone: (800) 622-9010 or (212) 889-2210. Fax: (212) 689-9261. Email: info@kidney.org
Website: <http://www.kidney.org> PRICE: \$2.25.

This patient education handbook offers information for young adults with chronic kidney failure. The handbook focuses on the feelings that an adolescent may have as he or she adjusts to chronic kidney failure, including the need to be on dialysis. Sections address learning to accept the illness, the role of support groups, special concerns that young people with chronic disease must face, physical development, changing emotions, nutrition, sexual development, dealing with the side effects of steroids (for young people who have had a transplant), diabetes, fitting in, the patient care team, the physiology of the kidneys, the development of kidney disease, hemodialysis, peritoneal dialysis, and kidney transplantation. An additional section offers strategies for learning more about treatment and patient care management, including medications for blood pressure, phosphorus binding, and anemia (erythropoietin); diet therapy, handling any restrictions that are necessary (sodium, potassium, protein), and eating at restaurants; the role of exercise; and finding the energy for outside interests. The handbook concludes with a section of recipes that might be particularly appealing to young people, including marshnut squares, peanut butterscotch treats, mallow bars, quick mix nibbles, dressing, baked tortillas, and Italian pasta salad. The handbook includes a list of other resources available from the National Kidney

Foundation and a glossary of terms. The handbook is illustrated with bold graphics of young people involved in a variety of lifestyle and health-related activities.
CHID Accession Number: KU BR 08372.

Justin's Journey: My Life as a Kid with Kidney Disease

Hill, J.; Bashe, P. Thousand Oaks, CA: Amgen, Inc. 1998. 32 p.
Available from the American Kidney Fund. 6110 Executive Boulevard, Suite 1010, Rockville, MD 20852. Phone: (800) 638-8299 or (301) 881-3052. Fax: (301) 881-0898.
Email: helpline@akfinc.org Website: <http://www.akfinc.org> PRICE: Single copy free.

This booklet tells the story of Justin Hill, a 14-year-old boy with chronic kidney disease, and what it is like to be a kid living with kidney disease. Throughout the booklet, medical and other unfamiliar terms are defined in context. The booklet describes how the kidneys filter all the body's blood and get rid of any waste products and extra water by turning them into urine. The booklet describes other functions of the healthy kidneys, then considers what happens when the kidneys become diseased. Topics in this section include uremia (waste products in the bloodstream), edema (water retention), dialysis, and transplantation. Justin explains the differences between hemodialysis and peritoneal dialysis and shares his experiences with each type of treatment. Another section of the booklet focuses on nutrition and the dietary restrictions that Justin must follow. Other topics include the use of epoetin alfa to help prevent anemia (low numbers of red blood cells), the process of waiting for a transplant, posttransplant care (including the use of immunosuppressants), and the emotional aspects of having chronic kidney disease. The booklet includes a section for parents, offering tips and suggestions for parents who are just beginning to cope with a child who has chronic kidney disease. The booklet features cartoon line drawings of Justin as he goes through both the medical and nonmedical parts of his days. The booklet concludes with a list of resources for parents and young patients, including patient and family support organizations, professional organizations, government agencies, and information for organ donation. A glossary of terms and the drug packaging insert for Epogen (epoetin alfa) are also included.

CHID Accession Number: KU BR 08566.

Kidney

(World of Living Organisms, Part 2).

Princeton, NJ: Films for the Humanities and Sciences. 1998. (videocassette).

VHS videocassette (15 min), col.

Available from Films for the Humanities and Sciences. P.O. Box 2053, Princeton, NJ 08543-2053. Phone: (800) 257-5126 or (609) 275-1400. Fax: (609) 275-3767. Email:

custserv@films.com Website: http://www.films.com/Films_Home/item.cfm?s=1&bin=11585

PRICE: \$59.95 plus shipping and handling. Order number CAF7591.

Designed for use in the high school classroom, this videotape program featuring the kidneys is one in a series that focuses on human genetics and six biological systems (muscles and bones,

digestion, respiration, blood and circulation, the kidneys, and reproduction). This program discusses the structure and function of the kidneys and describes how they help maintain homeostasis in the body. The program is narrated by a high school science teacher and features interviews with physicians and other health care providers. The program begins by introducing homeostasis and describing the three processes of the kidneys: filtration, reabsorption, and secretion. A brief discussion of the difference between secretion and excretion is provided. The physiology of the kidneys is described, including the filtration of blood and maintenance of water, minerals, electrolytes, acid content, and protein content, the excretion of waste (urea and creatinine), and the production of hormones. The program then briefly discusses kidney malfunctions and shows hemodialysis and peritoneal dialysis as they are performed at a children's hospital.

CHID Accession Number: KU AV 07771.

Kidney Biopsy

Bethesda, MD: National Kidney and Urologic Diseases Information Clearinghouse (NKUDIC), National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK), National Institutes of Health (NIH). 2001. 3 p.

Available from NKUDIC. 3 Information Way, Bethesda, MD 20892-3580.

Phone: (800) 891-5390 or (301) 654-4415. Fax: (301) 907-8906.

Email: nkudic@info.niddk.nih.gov PRICE: Single copy free. Available online at

<http://www.niddk.nih.gov/health/kidney/pubs/kidney-biopsy/biopsy.htm>

This fact sheet describes the possible reasons for a kidney biopsy, and how the procedure is conducted. Patients are advised on what preparation will be required and what to expect during and after the procedure.

Kidney Care 101

D'Arrigo, T.

Diabetes Forecast. 53(11): 62-65. November 2000.

Available from American Diabetes Association. 1701 North Beauregard Street, Alexandria, VA 22311. Phone: (800) 232-3472. Website: <http://www.diabetes.org>

This article describes how diabetes mellitus can be a damaging illness for the kidneys, the organs that keep the blood clean and the blood pressure down. The small balls of capillaries in the kidneys (glomeruli) take in blood under high pressure; cycle minerals, wastes, and water; and recycle protein back into the body. When the glomeruli are damaged by diabetes, they cannot hold protein in, and it may begin to leak out into the urine. Microalbuminuria (small amounts of protein in the urine) is the first evidence of damage to the kidneys and can occur between 5 and 15 years after a diagnosis of diabetes. This article focuses on how to slow this process or stop it from occurring. The author notes that, in addition to the risk factor of diabetes, certain ethnic groups and families have an increased risk for developing kidney disease. Regardless of risk factors, all patients with diabetes should get tested regularly for microalbuminuria (beginning

after 5 years with the disease, and then annually). The author then describes the steps that can prevent or slow diabetes-related kidney disease (diabetic nephropathy): taking control of the diabetes; using ACE inhibitors, blood pressure drugs that have been shown to slow microalbuminuria; keeping hypertension (high blood pressure) under control; using painkillers (analgesics) sparingly; avoiding high protein diets; and not smoking. One illustration shows the details of the kidney glomeruli; a sidebar summarizes the seven control strategies outlined in the article. 1 figure.

CHID Accession Number: KU JA 08801.

Kidney Disease Facts and Statistics: Frequently Asked Questions

Washington, DC: American Society of Nephrology.

American Society of Nephrology. 2025 M Street, N.W., Suite 800, Washington, DC 20036.

Phone: (202) 367-1190. Fax: (202) 367-2190. Email: asn@dc.sba.com

Available online at <http://www.asn-online.org/facts/faqs.cfm>

This fact sheet answers a number of questions about kidneys and kidney disease, including: What is nephrology? How many kidneys do I have? What do my kidneys do? How do kidneys work? What happens when the kidneys stop functioning? What is dialysis? Is dialysis a cure? What about kidney transplants? What causes kidney disease? Who is most prone to kidney disease? What are the warning signs of kidney disease? Should I consult a specialist? Is end-stage renal disease (ESRD) expensive to treat? Where do we stand in the fight against kidney disease? and What can I do to help fight kidney disease?

Kidney Disease of Diabetes

Bethesda, MD: National Kidney and Urologic Diseases Information Clearinghouse (NKUDIC), National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK), National Institutes of Health. NIH Publication No. 01-3925. July 1995. Updated: April 2001.

Available from NKUDIC. 3 Information Way, Bethesda, MD 20892-3580.

Phone: (800) 891-5390 or (301) 654-4415. Fax: (301) 907-8906.

Email: nkudic@info.niddk.nih.gov PRICE: Single copy free. Also available online at

<http://www.niddk.nih.gov/health/kidney/pubs/kdd/kdd.htm>

This brochure describes the relationship between kidney disease and diabetes, and how kidney failure is diagnosed and treated. The two types of diabetes are explained, as well as the five stages in the progression to kidney failure in people with diabetes. The effect of high blood pressure is also discussed. Anti-hypertensive medications, low protein diets, and intensive management of blood glucose are discussed as possible treatments. Several trials involving patients with diabetic kidney disease are described. Dialysis and transplantation are mentioned as options for treatment. A list of steps for preventing or detecting kidney disease for people with diabetes is provided, and the future outlook for research is outlined. 5 references.

Kidney Diseases Dictionary

Bethesda, MD: National Kidney and Urologic Diseases Information Clearinghouse (NKUDIC), National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK), National Institutes of Health (NIH). 1999. 13 p.

Available from NKUDIC. 3 Information Way, Bethesda, MD 20892-3580.

Phone: (800) 891-5390 or (301) 654-4415. Fax: (301) 907-8906.

Email: nkudic@info.niddk.nih.gov. PRICE: Single copy free.

Also available online at <http://www.niddk.nih.gov/health/kidney/pubs/kudict/kudict.htm>

This booklet offers a dictionary of terms that are often used when people talk or write about kidney diseases. The dictionary is designed for people who have kidney diseases and for their families and friends. The words are listed in alphabetical order. Some words have many meanings; only those meanings that relate to kidney diseases are included. Words that appear in bold italic are defined elsewhere in the dictionary. A term will refer the reader to another definition only when the second definition gives additional information about a topic that is directly related to the first term. All terms also include a phonetic guide to the correct pronunciation of the word. Terms cover physiology, pathology, pathogenesis, etiology, diagnostic tests, and treatments for kidney disease. The booklet concludes with a brief description of the NKUDIC, including the contact information for this organization. CHID Accession Number: KU DC 08353.

Kidney Failure: Are You At Risk?

Madison, WI: University of Wisconsin Hospitals and Clinics, Department of Outreach Education. 1998. (videocassette).

VHS videocassette (30 min), col.

Available from University of Wisconsin Hospital and Clinics. Picture of Health, 702 North Blackhawk Avenue, Suite 215, Madison, WI 53705-3357. Phone: (800) 757-4354 or (608) 263-6510. Fax: (608) 262-7172. PRICE: \$19.95 plus shipping and handling; bulk copies available. Order number 051498B.

This videotape program, moderated by Mary Lee, discusses end-stage renal disease (ESRD) and the prevention or delay of kidney failure. The program features Dr. Bryan Becker, a nephrologist (kidney specialist). Dr. Becker explores the epidemiology of the recent trend of increasing levels of kidney failure, and discusses the aging population, better diagnostics, and better rates of survival. Dr. Becker then reviews the physiology of the kidneys, noting that kidneys control fluids and electrolytes (sodium, potassium, chloride) in the body, regulate the acid base balance, help metabolize proteins and carbohydrates, and remove creatinine (a muscle breakdown product). Different kidney diseases have a varying impact on kidney function. More than 50 percent of kidney failure is caused by two diseases: diabetes mellitus and hypertension; other causes include heredity, illnesses, inflammation, toxicity, kidney cancer, and trauma to the kidney (e.g., automobile accidents). The symptoms of kidney disease (which can be largely silent) can include protein in the urine, hypertension, elevated creatinine levels, decrease in urine output, swelling in the feet (edema, or fluid accumulation), and an increase in nocturia (urinating

at night). ESRD is defined as loss of 90 percent or more of kidney function. Dr. Becker discusses screening and identifying patients who may be at risk for kidney disease; debunks various myths about kidney disease; and talks about the topics of one kidney versus two kidneys, dialysis, and transplantation. Dr. Becker emphasizes that kidney disease, while treatable, has a great impact on lifestyle, diet, caretaking, finances, family and support systems, and heart disease. Prevention strategies include identifying high-risk patients, avoiding nephrotoxic medications (including ibuprofen), monitoring the diet, controlling blood pressure, controlling blood glucose levels (for people with diabetes), and educating oneself about kidney disease. The program concludes by referring viewers to the National Kidney and Urologic Diseases Information Clearinghouse (<http://www.niddk.nih.gov/health/kidney/nkudic.htm>).

CHID Accession Number: KU AV 08499.

Kidney Failure: Early Detection Is Key

Mayo Clinic Health Letter. 18(10): 1-3. October 2000.

Available from Mayo Clinic Health Letter. Subscription Services, P.O. Box 53889, Boulder, CO 80322-3889. Phone: (800) 333-9037 or (303) 604-1465.

This health information newsletter article describes the role of early detection in the adequate treatment of kidney failure. The author notes that kidney failure (the term for a decline in kidney function) is becoming more common because people are living longer with chronic illnesses that can harm their kidneys. To preserve kidney function, it is important to manage conditions that can affect the kidneys, as well as to recognize and treat kidney failure as early as possible. The article briefly reviews the anatomy and function of the kidneys, which not only filter out waste products but also regulate certain chemicals in the body, produce several important hormones (for manufacturing red blood cells), regulate blood pressure, and maintain bone calcium. The majority of people who need dialysis because of kidney failure have diabetes mellitus, hypertension (high blood pressure), or both. The symptoms of kidney failure may go unrecognized until substantial damage has occurred and kidney function is at just a small fraction of the normal level. The destruction of the filtering nephrons in the kidney can result in symptoms including a prolonged flulike illness, headaches, fatigue, itchiness over the entire body, a need to urinate less or more often, loss of appetite, and nausea and vomiting. When fewer nephrons are functioning, wastes and fluids accumulate in the blood. However, simple blood tests and urinalysis done during a routine exam may detect kidney failure even before symptoms appear. The article concludes by reminding readers of the importance of controlling high blood pressure in order to prevent or delay kidney failure, the need to control blood glucose (sugar) levels for people with diabetes, and the concept of maintaining adequate and healthy nutrition and fluid levels (including avoiding toxic drugs or herbal supplements). One sidebar reviews the most common tests of kidney function which check for creatinine, blood urea nitrogen (BUN), and proteinuria (protein in the urine). 2 figures.

CHID Accession Number: KU JA 08793.

Kidney Failure Glossary

Bethesda, MD: National Kidney and Urologic Diseases Information Clearinghouse (NKUDIC), National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK), National Institutes of Health (NIH). 2001. 14 p.

Available from NKUDIC. 3 Information Way, Bethesda, MD 20892-3580.

Phone: (800) 891-5390 or (301) 654-4415. Fax: (301) 907-8906.

Email: nkudic@info.niddk.nih.gov PRICE: Single copy free.

Also available online at

<http://www.niddk.nih.gov/health/kidney/pubs/kidney-failure/glossary/glossary.htm>

This booklet offers a glossary of words that are often used when people talk or write about kidney failure and its treatments. It is designed for people whose kidneys have failed and for their families and friends. The words are listed in alphabetical order, and a guide to pronunciation is included for most words. Some words have many meanings; only those meanings that relate to kidney diseases are included. A term will refer the reader to another definition only when the second definition gives additional information about the topic that is directly related to the first term. Some terms include illustrations (arteriovenous fistula, catheters, hemodialysis, dialyzer, graft, glomerulus, urinary tract). The booklet concludes with a brief description of NKUDIC and its contact information. 7 figures.

CHID Accession Number: KU BR 09047.

Kidney Problems

(In: Take Charge of Your Diabetes.) 2nd ed.

Atlanta, GA: Centers for Disease Control and Prevention. 1997. pp. 47-50.

Available online at <http://www.cdc.gov/diabetes/pubs/tcyd/kidney.htm>

This book chapter describes how diabetes can cause kidney disease, how diabetic nephropathy is diagnosed, and what someone can do to prevent the occurrence or worsening of kidney disease.

Kidney School™

Madison, WI: Life Options Rehabilitation Program.

Life Options Rehabilitation Program. c/o Medical Education Institute, 414 D'Onofrio Drive, Suite 200, Madison, WI 53719. Phone (800) 468-7777 or (608) 833-8033. Fax: (608) 833-8366.

Email: lifeoptions@MEIresearch.org Website: <http://www.lifeoptions.org>

Available online at: <http://www.kidneyschool.org>

The Life Options Rehabilitation Program, supported by Amgen Renal Advances, is dedicated to helping people with kidney disease to live long and to live well. Kidney School™ is a web-based, interactive learning center in sixteen 20-minute modules. Based on 9 years of Life Options research with thousands of kidney patients, Kidney School™ is designed to help people with chronic kidney disease learn to take on a self-management role in their care that will help them improve their own safety and survival. Available for free, 24 hours a day, Kidney School

allows interested users to choose the information they want to learn. Each module has a pre-test and post-test, patient quotes, graphics and photos, and will create a Personal Action Plan that summarizes the content and patient's questions and concerns.

- Introduction
- Module 1: Kidneys: How They Work, How They Fail, What You Can Do
- Module 2: Treatment Options for Kidney Failure
- Module 3: Working with Your Healthcare Team
- Module 4: Following Your Treatment Plan
- Module 5: Coping with Kidney Failure
- Module 6: Anemia and Kidney Disease
- Module 7: Understanding Kidney Lab Tests
- Module 8: Vascular Access: A Lifeline for Dialysis
- Module 9: Nutrition and Fluids
- Module 10: Getting Adequate Dialysis
- Module 11: Sexuality and Fertility
- Module 12: Staying Active with Kidney Disease
- Module 13: Kidney Disease and Blood Pressure
- Module 14: Patient Responsibilities and Rights
- Module 15: Alternative Remedies
- Module 16: Long-term Effects of Kidney Disease

Lab Log

New York: National Kidney Foundation. 2001.

Available from National Kidney Foundation. 30 East 33rd Street, Suite 1100, New York, NY 10016. Phone: (800) 622-9010 or (212) 889-2210. Fax: (212) 689-9261. Email: info@kidney.org
PRICE: \$7 (per 50-sheet pads). Order number #K/DOQI-1320A.

Order online at http://www.kidney.org/misc/kdoqi_cart/itemDetail.cfm?id=1320

Patients who have chronic kidney disease but who are not on dialysis can use these convenient charts to keep track of their important lab values and realize the treatment goals they establish with their clinician. The reverse side of the sheets provides an explanation of lab values.

Living with Kidney Disease

(Starbright Explorer Series.)

Los Angeles: Starbright Foundation. CD-ROM.

Available from Starbright Foundation. 11835 W. Olympic Blvd, Suite 500, Los Angeles, CA 90064. Phone: (800) 315-2580 ext. 3. PRICE: Free to children and teens with serious illnesses, and their families, if residing in the U.S. or Canada. \$25 donation requested for other orders.

Order online at <http://www.starbright.org/projects/hes/order.html>

This interactive CD-ROM offers teens and pre-teens ages 10 to 15 an inside look at how the kidneys work, what teens can expect from hemodialysis, and the role that medications and diet play in the health of someone with kidney disease. "Living With Kidney Disease" also offers teens a sense of support and the opportunity to benefit from the experience of other teens with kidney disease in the advice column "Ask Jim & Jenn."

Managing Kidney Disease: You Can Take Control to Stay Healthier

Krames Communications.

San Bruno, CA: StayWell Company. 1998. 16 p.

Available from StayWell Company. 1100 Grundy Lane, San Bruno, CA 94066-3030. Phone: (800) 333-3032. Fax: (650) 244-4512. Website: <http://www.staywell.com> PRICE: \$1.35 each.

This brochure provides information for patients recently diagnosed with kidney disease. Written in nontechnical language, the brochure focuses on how kidney disease can affect one's life and what the patient can do to prevent or delay the end stage of the disease (when the kidneys stop working). Eight sections discuss the role of diet and fluid therapy, the importance of exercise, working with a health care provider, special considerations for patients with diabetes, special considerations for patients with high blood pressure, the function and physiology of the kidneys, choosing future treatments (for end-stage disease), and finding support. The brochure encourages readers to take an active part in managing their own kidney disease. With time, following the diet, getting enough exercise, and taking medications can become a normal part of the day. The brochure includes numerous full-color drawings of patients in various care settings and undertaking a wide range of activities, as well as diagrams of some of the medical issues discussed. Blank spaces for individualizing dietary information, particularly in the section for diabetes, are provided.

CHID Accession Number: KU BR 07411.

Mayo Clinic on High Blood Pressure

Sheps, S.G., ed.

Kensington Publishing. 1999. 180 p.

Available from Mayo Clinic. 200 First Street, S.W., Rochester, MN 55905. Phone: (800) 291-1128 or (507) 284-2511. Fax: (507) 284-0161. Website: <http://www.mayoclinic.org> PRICE: \$14.95 plus shipping and handling. ISBN: 1893005011.

Having high blood pressure puts Americans at greater risk for disability or death from stroke, heart attack, or kidney failure. This book from the Mayo Clinic helps readers identify, prevent, and treat high blood pressure (hypertension). Written in nontechnical language, the book describes how hypertension develops and the complications that can arise if it is not controlled. Chapters cover risk factors, diagnosis, and treatment issues. The book includes practical tips and suggestions readers can use each day to help manage blood pressure. These include information on how to control one's weight, improve diet, increase activity levels, reduce the stress level, and limit the use of tobacco, alcohol, and caffeine. The book also offers information about the proper

use of medications, how to monitor one's own blood pressure at home, and the importance of regular follow-up care. The authors address issues of particular concern to special risk populations. The book includes sample menus, a list of additional resources, and a subject index. CHID Accession Number: KU BK 07980.

Medical Tests of Kidney Function

Bethesda, MD: National Kidney and Urologic Diseases Information Clearinghouse (NKUDIC), National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK), National Institutes of Health (NIH). 1998.

Available from NKUDIC. 3 Information Way, Bethesda, MD 20892-3580.

Phone: (800) 891-5390 or (301) 654-4415. Fax: (301) 907-8906.

Email: nkudic@info.niddk.nih.gov PRICE: Single copy free. Available online at <http://www.niddk.nih.gov/health/kidney/summary/kidtests/kidtests.htm>

This fact sheet provides a brief overview of several tests used to diagnose kidney disease, including serum creatinine, blood urea nitrogen, urine tests, and creatinine clearance.

Microalbuminuria in Diabetic Kidney Disease

New York: National Kidney Foundation.

Available from National Kidney Foundation. 30 East 33rd Street, Suite 1100, New York, NY 10016. Phone: (800) 622-9010 or (212) 889-2210. Fax: (212) 689-9261. Email: info@kidney.org

PRICE: Single copy free. Also available online at <http://www.kidney.org/general/news/diabkid.cfm>

This fact sheet answers questions about diabetic kidney disease and how it is diagnosed and treated. Microalbuminuria, described as the first sign of diabetic kidney disease, can be detected by a specific test that measures albumin (a type of protein) in the urine. Various aspects of the test are described, such as who should have the test, how expensive it is, what constitutes a positive result, as well as the possibility of false positives. The lack of symptoms for microalbuminuria is also mentioned. Preventive measures against developing kidney disease are discussed.

My Food Plan for Early Kidney Disease

International Diabetes Center (IDC). Minneapolis, MN: IDC Publishing. 2000. 4 p.

Available from International Diabetes Center. 3800 Park Nicollet Boulevard, Minneapolis, MN 55416-2699. Phone: (888) 825-6315. Website: <http://www.idcdiabetes.org> PRICE: \$1.30 plus shipping and handling. Order number 2058-MFPK.

The kidneys remove extra fluid and waste products from the blood. When the kidneys are not working well, waste products can build up. This brochure describes the use of a special food plan

to help control the buildup and reduce the workload for the kidneys of people with early kidney disease. Written primarily for people with diabetes, the brochure describes how a special diet can slow the progression of kidney disease and keep the kidneys healthy. People with early kidney disease need to pay attention to the amount of sodium, protein, and phosphorus in their food. Controlling blood glucose levels continues to be important in patients with early kidney disease. The brochure uses the carbohydrate counting style of keeping blood glucose (sugar) levels in the target range. Common foods are listed, with their corresponding serving size and carbohydrate levels. The brochure also includes a blank form for individualizing a food plan (with the help of a dietitian), a section describing food labels and how to read them, and a section of tips for creating healthy, low sodium meals. 1 figure. 2 tables.
CHID Accession Number: KU BR 08800.

National Kidney Foundation Chronic Kidney Disease Press Kit

New York: National Kidney Foundation. 2002.
Available from the National Kidney Foundation. 30 East 33rd Street, Suite 1100, New York, NY 10016. Phone: (800) 622-9010 or (212) 889-2210. Fax: (212) 689-9261. Email: info@kidney.org
Website: <http://www.kidney.org>

This set of press releases and fact sheets, packaged in a folder, gives readers basic information about chronic kidney disease (CKD) and its effects and treatment. Press releases include: a description of the new Kidney Disease Outcomes Quality Initiative (K/DOQI) Guidelines dated 5 February 2002, biographies of speakers, the story of one chronic kidney disease patient with untreated high blood pressure, and a description of the Kidney Early Evaluation Program (KEEP). Fact sheets cover the topics of urinalysis, anemia, general facts about CKD, the risk factors of CKD, and the development of the K/DOQI Guidelines. Other materials include: the goals of the Chronic Kidney Disease Work Group and a list of its members; a table of the stages of CKD and a flowchart showing the same; the Executive Summary of the Guidelines; and a reproduction of the CKD awareness advertisements featuring basketball players.

New Life, New Hope: A Book for Families and Friends of Renal Patients

Life Options Rehabilitation Program. 58 p.
Available from the Life Options website or by contacting Life Options at (800) 468-7777.
Email: lifeoptions@MEIresearch.org Website: <http://www.lifeoptions.org> PRICE: Free.

New Life, New Hope is designed to help family members and friends cope with and support the patient with kidney disease. Topics covered include what kidneys do and how kidney disease affects them and treatment modality choices, including hemodialysis, home hemodialysis, continuous ambulatory peritoneal dialysis (CAPD) and continuous cycling peritoneal dialysis (CCPD), transplantation, and no treatment. Relationship issues and day-to-day life with kidney disease treatment are also included. The booklet is offered by the Life Options Rehabilitation Program, which is administered by the Medical Education Institute and supported by Amgen

Renal Advances. Life Options is dedicated to helping people with kidney disease to live long and to live well.

Now You Have a Diagnosis: What's Next? Using Health Care Information to Help Make Treatment Decisions. [Le Han Diagnosticado: Qué es lo Qué Sigue?]

(English. Spanish.)

Silver Spring, MD: Agency for Healthcare Research and Quality. 2000. 15 p.

Available from AHRQ Publications Clearinghouse. P.O. Box 8547, Silver Spring, MD 20907.

Phone: (800) 358-9295. PRICE: Single copy free.

Website: <http://www.ahrq.gov/consumer/diaginfo.htm>

This patient education booklet encourages readers to learn more about their health diagnosis in order to make educated choices and participate as active members of their own health care team. The booklet notes that for many conditions, there is no one 'right' treatment; patients may have several options, each with benefits and disadvantages. The booklet suggests that readers contact groups supporting their particular condition, visit the local library, and search on the Internet to find good information to help guide their treatment decisions. The booklet guides readers in determining whether the information they are finding (particularly on the Internet) is accurate, science-based, and reputable. The booklet then describes the different types of research studies and the types of information and data that may be found by each: laboratory experiments, clinical trials, epidemiological research, and outcomes research. The next section of the booklet explains how to go from information gathering to deciding how to treat or manage one's condition; steps outlined include checking out the options, looking at the benefits and risks of each treatment, and developing a treatment plan in tandem with the health care provider. The booklet then includes a section on the importance of seeking emotional support for understanding and coping with any disease. The booklet concludes with a list of resources, including free booklets, telephone referrals, and Internet resources.

CHID Accession Number: KU BR 08652.

Nutrition and Changing Kidney Function

(Public Education Nutrition Series).

New York, NY: National Kidney Foundation. 1996. 6 p.

Available from the National Kidney Foundation. 30 East 33rd Street, Suite 1100, New York, NY 10016. Phone: (800) 622-9010 or (212) 889-2210. Fax: (212) 689-9261. Email: info@kidney.org

Website: <http://www.kidney.org> PRICE: Single copy free; bulk copies available.

Written in a question and answer format, this leaflet offers tips to help people with reduced kidney function follow any special diet requirements. It is emphasized that a person with kidney disease should consult with a doctor and a renal dietitian. Possible restriction of protein, sodium, phosphorous, potassium, and fluids is discussed, along with appropriate caloric intake.

CHID Accession Number: KU BR 00007.

Nutrition and Chronic Renal Insufficiency [La nutrition et l'insuffisance rénale chronique]

(English. French.)

Montreal, Quebec: Kidney Foundation of Canada. 199x. 4 p.

Available from the Kidney Foundation of Canada. 300-5165, Rue Sherbrooke Ouest, Montreal, Quebec H4A 1T6 CANADA. Phone: (514) 369-4806. Fax: (514) 369-2472.

Website: <http://www.kidney.ca> PRICE: Single copy free.

This brochure reviews strategies for appropriate nutrition for pre-dialysis patients (patients with kidney disease that has not yet progressed to require dialysis). Kidneys remove wastes from the blood via the urine. They regulate the levels of water and different minerals needed by the body for good health. They also produce hormones that control other body functions. The brochure describes acute kidney failure, in which kidney function usually returns to normal, but dialysis may be needed until the kidneys begin to work again; and chronic kidney failure, resulting from conditions such as diabetes and high blood pressure (hypertension). In the early stages of chronic kidney failure, the only treatment needed may be a special diet or medication. Changes in the diet may be recommended in order to meet nutritional needs, cut down the kidneys' workload, help keep the kidney function that remains, control the build up of food wastes and water, and improve symptoms of kidney failure, such as fatigue, nausea, itching, and bad taste in the mouth. The brochure describes restrictions in protein, sodium, phosphorus, and potassium that may need to be adjusted. It is not usually necessary for pre-dialysis patients to restrict fluids. The brochure concludes with a brief description of the Kidney Foundation of Canada, including patient services and public education programs. 1 figure.

CHID Accession Number: KU BR 07841.

One Out of Every Three People with Kidney Failure is African American

Rockville, MD: American Kidney Fund. 1997. 4 p.

Available from American Kidney Fund. 6110 Executive Boulevard, Suite 1010, Rockville, MD 20852. Phone: (800) 638-8299 or (301) 881-3052. Fax: (301) 881-0898.

PRICE: Single copy free.

This brochure encourages African-American readers to educate themselves about kidney disease and to take steps to prevent kidney problems. The brochure notes that although only one out of eight people in the general population is African American, one of every three people with kidney failure is African American. High blood pressure (hypertension) and diabetes are the leading causes of kidney failure; both of these problems are more prevalent among blacks than among whites. The brochure describes how both diabetes and hypertension should be monitored and treated. The remainder of the brochure describes kidney failure and the role of the American Kidney Fund (AKF) in helping people cope with the effects of kidney disease. A final section encourages readers to live healthy lives in order to improve their odds of avoiding kidney disease. The brochure features a tear-off self mailer, for readers who wish to request additional information about high blood pressure and kidney disease; diabetes and kidney disease;

treatments for kidney failure; kidney donation; and the AKF. One sidebar lists the symptoms of kidney disease.

CHID Accession Number: KU BR 07272.

One Out of Every Three People with Kidney Failure is African American: Diabetes and Kidney Disease

Rockville, MD: American Kidney Fund. 199x. 6 p.

Available from American Kidney Fund. 6110 Executive Blvd., Suite 1010, Rockville, MD 20852-9813. Phone: (800) 638-8299 or (301) 881-3052. Fax: (301) 881-0898.

PRICE: Single copy free.

One out of every three people with kidney failure is African American, and diabetes is the second leading cause of kidney failure in African Americans. This brochure encourages African Americans to learn about diabetes and kidney disease. The brochure emphasizes that African Americans with diabetes develop kidney failure and other serious complications more often than other groups with diabetes. Written in question and answer format, the brochure describes the disease of diabetes, the different types of diabetes, the symptoms of diabetes, risk factors that may contribute to diabetes, treatment options, kidney failure as a result of uncontrolled diabetes, the role of the kidneys in good health, how to know if kidney disease is present, and the role of hypertension (high blood pressure) in causing kidney disease. The warning signs of kidney disease include swelling of parts of the body (especially around the eyes or ankles), pain in the lower back, burning or unusual sensation during urination, bloody or coffee colored urine, urinating more often (especially at night), feeling listless or tired, and high blood pressure. The brochure includes a tear-off card for readers to return to the American Kidney Fund to obtain more information, to volunteer, or to contribute money. The brochure is written in nontechnical language.

CHID Accession Number: KU BR 07948.

One Out of Every Three People with Kidney Failure is African American: High Blood Pressure and Kidney Disease

Rockville, MD: American Kidney Fund. 199x. 6 p.

Available from American Kidney Fund. 6110 Executive Blvd., Suite 1010, Rockville, MD 20852-9813. Phone: (800) 638-8299 or (301) 881-3052. Fax: (301) 881-0898.

PRICE: Single copy free.

High blood pressure is the leading cause of kidney failure in African Americans. This brochure encourages African Americans to learn about high blood pressure (hypertension) and kidney disease. The brochure emphasizes that kidney failure from hypertension is preventable; high blood pressure cannot be cured, but it can be controlled. Written in question and answer format, the brochure describes how blood pressure is monitored and measured, the risk factors for high blood pressure (including being African American, overweight, older, or in a family with high blood pressure, lack of exercise, eating too much salt, and smoking cigarettes), treatment options

for hypertension, the complications that can arise from high blood pressure, how hypertension affects the kidneys, the role of the kidneys, what happens to the body in kidney failure, the warning signs of kidney disease, the role of diabetes in kidney disease, and the activities of the American Kidney Fund (AKF), an organization that helps people of all races cope with the effects of kidney disease. The warning signs of kidney disease include swelling of parts of the body (especially around the eyes or ankles), pain in the lower back, burning or unusual sensation during urination, bloody or coffee colored urine, urinating more often (especially at night), feeling listless or tired, and high blood pressure. The brochure includes a tear-off card for readers to return to the AKF to obtain more information, to volunteer, or to contribute money. The brochure is written in nontechnical language.

CHID Accession Number: KU BR 07947.

Polycystic Kidney Disease [La maladie polykystique des reins]

(English. French.)

Montreal, Quebec: Kidney Foundation of Canada. 199x. 4 p.

Available from Kidney Foundation of Canada. 300-5165, Rue Sherbrooke Ouest, Montreal, Quebec H4A 1T6 CANADA. Phone: (514) 369-4806. Fax: (514) 369-2472.

Website: <http://www.kidney.ca> PRICE: Single copy free.

This brochure answers questions that readers may have as they face a diagnosis of polycystic kidney disease (PKD), a disease in which cysts form in the kidneys. Polycystic kidneys become very large, have a bumpy surface, and contain many cysts. Pressure from the expanding cysts slowly damages the normal kidney tissue, eventually causing kidney failure. PKD is an inherited disease, and there are two types: autosomal dominant PKD, the most common inherited disease of the kidneys; and autosomal recessive PKD, which affects infants and young children. The brochure reviews the genetics of PKD and notes that adult PKD progresses very slowly, with few symptoms early in the disease. However, some symptoms should be watched for: high blood pressure, recurrent bladder or kidney infections, severe and recurrent headache, blood in the urine, pain, water retention, and kidney stones. One in six people with PKD will develop kidney failure, but early treatment of PKD symptoms can delay kidney failure. The brochure encourages people with PKD to meet with a genetic counselor before deciding about having children. It concludes with a brief description of the Kidney Foundation of Canada, including patient services and public education programs. 2 figures.

CHID Accession Number: KU BR 07836.

Polycystic Kidney Disease

Bethesda, MD: National Kidney and Urologic Diseases Information Clearinghouse (NKUDIC), National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK), National Institutes of Health (NIH) 1996.

Available from NKUDIC. 3 Information Way, Bethesda, MD 20892-3580.
Phone: (800) 891-5390 or (301) 654-4415. Fax: (301) 907-8906.
Email: nkudic@info.niddk.nih.gov PRICE: Single copy free. Also available online at
<http://www.niddk.nih.gov/health/kidney/pubs/polycyst/polycyst.htm>

This brochure describes how polycystic kidney disease (PKD) attacks the kidneys, leading to failure, and what the results are. Three types of PKD are discussed: autosomal dominant (ADPKD), the most common form of inherited kidney disease; autosomal recessive (ARPKD), a rare inherited form; and acquired cystic kidney disease, most common in patients who have been on dialysis for a long time. The symptoms, etiology, diagnosis, and treatment of each form of the disease are described, as well as research efforts to locate the genes involved.

Polycystic Kidney Disease (PKD) Foundation Materials

Kansas City, MO: PKD Foundation.
Available from PKD Foundation. 4901 Main Street, Suite 200, Kansas City, MO 64112-2634.
Phone: (800) PKD-CURE or (816) 931-2600. Fax: (816) 931-8655. Email: pkdcure@pkdcure.org
PRICE: All books \$15 each (\$10 for members).

- **Q&A on PKD.** Information for the patient and the physician with 88 pages of PKD questions and answers by the scientific advisors of the PKD Foundation.
- **Health Tips for Living with Polycystic Kidney Disease.** Features a rational and practical approach to optimizing your diet, important health care information for women, alternative approaches to maintaining a more comfortable and pain-free existence, and finding friends in the renal community.
- **PKD Patient's Manual.** General information about autosomal dominant polycystic kidney disease. Contains sections regarding those at risk due to an affected parent, and information for family members.
- **Your Child, Your Family and Autosomal Recessive Polycystic Kidney Disease.** Focuses on the questions most commonly asked about ARPKD in order to help families understand more about the disease.
- **The Family and ADPKD: A Guide for Children and Parents.** Focuses on the questions most commonly asked by children and parents about ADPKD. It is divided into two sections: one for children and one for parents.
- **PKD Progress** (quarterly newsletter). Medical articles and research information regarding polycystic kidney disease. Health and nutritional tips, Q & A, patient stories, local chapter information. (Subscription included as part of annual membership fee of \$25.)

Pre-Dialysis Educational Program: Patient's Guide

Ripley, B.; Compton, A.D.; Henry-Whitehead, J.G. 1997. 180 p.

Available from Division of Nephrology, Medical College of Virginia, Virginia Commonwealth University, Richmond VA 23284.

This guide, in loose-leaf notebook format, is designed to help patients with kidney disease become more educated so that they can make well-informed decisions about health care. It is divided into eight sections, plus a glossary and references. Topics addressed include normal kidney function; decreased kidney function, including the causes, symptoms, and treatments of kidney failure; more specific information about treatments, including dialysis and transplantation; the emotional and financial impact of kidney failure; nutrition, including the roles of protein, phosphorus, sodium, fluids, and potassium; medications for high blood pressure, diabetes, calcium-phosphate imbalance, metabolic acidosis, and anemia, with description of mechanisms, side effects, and brands for each; high blood pressure and its causes, effects, and treatment; and renal rehabilitation.

Prevent Diabetes Problems: Keep Your Kidneys Healthy

Bethesda, MD: National Diabetes Information Clearinghouse (NDIC), National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK), National Institutes of Health (NIH). 2000. 18 p.

Available from NDIC. 1 Information Way, Bethesda, MD 20892-3560. Phone: (800) 860-8747 or (301) 654-3327. Fax: (301) 907-8906. Email: ndic@info.niddk.nih.gov
PRICE: Single copy free.

This illustrated booklet, written in nontechnical language, uses a question and answer format to provide people who have diabetes with information on preventing the kidney problems caused by diabetes. Diabetic nephropathy is the medical word for these problems. The kidneys rid the body of waste and extra fluid; however, high blood sugar and high blood pressure damage the glomeruli and allow protein to leak out of the kidneys into the urine. Damage can progress until the kidneys fail. A medication called an angiotensin-converting enzyme inhibitor helps slow kidney damage by keeping the kidneys from cleaning out too much protein. The booklet explains how a person can slow or stop kidney damage, discusses annual screening for the presence of protein in the urine, and describes the use of hemodialysis and peritoneal dialysis in treating people whose kidneys have failed. The booklet also provides general tips for staying healthy. In addition, the booklet includes sources of information about diabetes and describes the activities of the NDIC.

CHID Accession Number: DM BR 09197.

Preventing Diabetic Kidney Disease

New York, NY: National Kidney Foundation. 1993. 4 p.

Available from National Kidney Foundation. U.S. Materials Orders, 30 East 33rd Street, New York, NY 10016. Phone: (800) 622-9010 or (212) 889-2210. Fax: (212) 689-9261.

Email: info@kidney.org PRICE: \$7 for 25 copies. Item number: 02-30.

Diabetic kidney disease (diabetic nephropathy) is a decrease in kidney function that occurs in some people who have diabetes. The fact sheet answers common questions about diabetic nephropathy, focusing on prevention. Topics include the causes of diabetic nephropathy, risk factors, diagnosis, the typical time span between diagnosis of diabetes and the evolution of kidney disease (for both type 1 and type 2 diabetes), strategies for preventing or retarding the progression of kidney disease, the use of angiotensin-converting enzyme (ACE) inhibitors, the incidence and prevalence of kidney disease in the population of people with diabetes, and the types of treatments available if one's kidneys fail altogether. The risk factors for diabetic nephropathy include high blood pressure (hypertension), poor glucose (sugar) control, inherited tendency to kidney disease, ethnicity, and diet. Some studies suggest that a group of high blood pressure medications called ACE inhibitors may help to prevent or delay the progression of diabetic nephropathy. The fact sheet concludes with a brief description of the activities of the National Kidney Foundation.

CHID Accession Number: KU DC 07191.

Protein and Progressive Kidney Disease

South Deerfield, MA: Channing L. Bete Co., Inc. 2000. 2 p.

Available from Channing L. Bete Co., Inc. 200 State Road, South Deerfield, MA 01373. Phone: (800) 628-7733. Fax: (800) 499-6464. Website: <http://www.channing-bete.com> PRICE: \$14.90 each; 100 sheets per tear sheet pad; discounts available for larger quantities.

Order number 97588A-12-99.

This fact sheet explains how eating the right balance of foods is a key to slowing progressive kidney disease and helping patients to stay healthy. The fact sheet reviews why getting the right amount of protein is important, the need to work closely with one's health care providers (including the dietitian), how to know how much protein is recommended, animal protein compared to non-animal protein, and the information available on the Nutrition Facts label. Protein and other nutrients make wastes that end up in the blood. Kidneys that are not working properly do not remove these wastes adequately; these wastes can build up and make patients more ill. However, eating too little protein can also be harmful as the body needs protein for healthy muscles and healing. The amount of protein recommended varies by body weight and treatment (dialysis versus no dialysis, and the presence of a kidney transplant). Readers are encouraged to ask their health care team for more information about their individual needs for protein, other nutrients, calories, fluids and fiber, and vitamin and mineral supplements. A few blank lines are provided for readers to take notes on their own specific guidelines or the dietitian's instructions. 5 figures.

CHID Accession Number: KU DC 08474.

Proteinuria

Bethesda, MD: National Kidney and Urologic Diseases Information Clearinghouse (NKUDIC), National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK), National Institutes of Health (NIH). 2000. 4 p.

Available from NKUDIC. 3 Information Way, Bethesda, MD 20892-3580.

Phone: (800) 891-5390 or (301) 654-4415. Fax: (301) 907-8906.

Email: nkudic@info.niddk.nih.gov PRICE: Single copy free.

Order online at: <http://www.niddk.nih.gov/health/kidney/pubs/proteinuria/proteinuria.htm>

This fact sheet offers information on proteinuria, a condition in which urine contains an abnormal amount of protein. The two proteins that are most likely to appear in urine are albumin and globulin. Proteins are the building blocks for all body parts, including muscles, bones, hair, and nails. Proteins in the blood also perform a number of important functions: protecting the body from infection, helping the blood coagulate, and keeping the right amount of fluid circulating through the body. The level and type of proteinuria strongly determine the extent of damage and whether the person is at risk for developing progressive kidney failure. Several health organizations recommend that people be regularly checked for proteinuria so that kidney disease can be detected and treated before it progresses. Groups at risk for proteinuria and kidney failure include African Americans, American Indians, Hispanic Americans, Pacific Islander Americans, people who are older or overweight, and people who have a family history of kidney disease. Proteinuria may be present without creating any signs or symptoms. Testing is the only way to find out how much protein is in the urine. For patients with diabetes, hypertension (high blood pressure), or both, the first goal of treatment for proteinuria is control of blood glucose (sugar) and blood pressure. The doctor may prescribe an ACE (angiotensin converting enzyme) inhibitor, a class of drugs that can protect kidney function even more than other drugs that provide the same level of blood pressure control. The fact sheet includes a brief report of current research aimed at understanding kidney failure and finding treatments to stop its progression. The fact sheet concludes with a description of the activities of the NKUDIC.

CHID Accession Number: KU DC 08658.

Renal Dietitian's Role in the Treatment of Kidney Disease

Burrowes, J.D.

(Living with Chronic Kidney Failure, Part 3).

Exceptional Parent. 29(4): 66-68. April 1999.

Available from Psy-Ed Corporation. Exceptional Parent, P.O. Box 2078, Marion, OH 43305-2178. Phone: (877) 372-7368.

The management of a chronic illness is often designed to prolong life while maintaining or improving its quality. Unfortunately, treatments for chronic diseases may force people to make significant changes in their lives. Their activities may be restricted and their diets may be modified. This article reviews the renal dietitian's role in the treatment of kidney disease. The article is one in a series that reviews the details of a nutritional evaluation and the theoretical underpinnings of a dietary approach to the treatment of kidney disease. The renal dietitian is an

important member of the health care team that manages kidney disease, interacting with and educating people with kidney failure and their family members or caregivers. Their job of identifying and managing nutritional problems involves carefully balancing the nutrient composition of the diet, making modifications in consultation with the physician, and taking into consideration the cultural traditions of the person using the diet. One sidebar tells the story of a 10-year-old boy whose end-stage renal disease is managed primarily through nutritional intervention. The author concludes that the primary goal of maintaining a good nutritional status is usually accomplished with an early referral to a renal dietitian, an adequate food intake, and compliance with the diet prescription and meal plan.

CHID Accession Number: KU JA 07899.

Risk Factors

(Chronic Kidney Disease Facts Series.)

New York: National Kidney Foundation. 2002. 5 p.

Available from the National Kidney Foundation. 30 East 33rd Street, Suite 1100, New York, NY 10016. Phone: (800) 622-9010 or (212) 889-2210. Fax: (212) 689-9261.

Email: info@kidney.org Website: <http://www.kidney.org>

This fact sheet asks the reader whether he or she might be at increased risk for chronic kidney disease (CKD). The function of the kidneys is described, and CKD is defined. The groups who are at increased risk for CKD are listed, and the question of why certain minority groups are at greater risk is addressed. Symptoms, diagnosis, testing, prevention, and treatment are discussed, and the increased risk of heart disease is also mentioned. Key points are summarized at the end.

Slowing Progressive Kidney Disease; A Self Care Handbook

South Deerfield, MA: Channing L. Bete Co., Inc. 2000. 31 p. Available from Channing L. Bete Co., Inc. 200 State Road, South Deerfield, MA 01373. Phone: (800) 628-7733.

Fax: (800) 499-6464. Website: <http://www.channing-bete.com> PRICE: \$2.73 each for 1-99 copies; discounts available for larger quantities. Order number 97571.

This booklet offers patients with progressive kidney disease a program of treatments and strategies to slow their disease. The booklet emphasizes the importance of patients educating themselves and becoming active members of their own health care teams. The booklet begins with a description of the anatomy and physiology of the kidneys and the causes of kidney failure. The booklet then describes the stages of kidney disease, the symptoms and diagnosis of kidney disease, general treatment considerations (controlling other conditions, controlling diet, making other healthy changes, medications, and tracking diagnostic and monitoring tests), and treatments for end-stage renal disease (ESRD), including hemodialysis, continuous ambulatory peritoneal dialysis (CAPD), continuous cycling peritoneal dialysis (CCPD), access for dialysis, and kidney transplant. The booklet concludes with a list of support services and how to access them, and a list of information resources. The booklet includes space to record important health care providers' names and telephone numbers; a tear out form for posting near one's telephone is also

included. A wallet card that can be individualized with the patient's pertinent medical information is provided. Throughout the booklet, blank lined space is available for readers to note their questions; recordkeeping forms are also included. 16 figures. 8 tables.
CHID Accession Number: KU DC 08423.

Sources of Health Materials for African Americans, American Indian-Alaska Natives, Asians, Hispanics, Pacific Islanders

Washington, DC: Office of Minority Health Resource Center. October 1997. 56 p.
Available from Office of Minority Health Resource Center. P.O. Box 37337, Washington, DC 20013-7337. Phone: (800) 444-6472. Website: <http://www.omhrc.gov> PRICE: Single copy free.

This bibliography, which offers a listing of sources of health materials written specifically for ethnic groups comprises five sections: African Americans, American Indians (including Alaska Natives), Asians, Hispanics, and Pacific Islanders. The first section concentrates on health materials identified by the Office of Minority Health Resource Center as specifically targeting African Americans and includes resources on nutrition, exercise, and AIDS education, as well as cancer, chemical dependency, diabetes (including diabetes-related kidney disease), heart disease and stroke, infant mortality, and associated risk factors. The second section lists culturally sensitive printed health materials identified for American Indians and includes sources of information on AIDS, cancer, child development, diabetes, high blood pressure, nutrition, and substance abuse. The third section includes culturally sensitive health materials in various Asian languages and lists resources on nutrition, exercise, and AIDS education. The fourth section covers health materials specifically targeting different Hispanic populations, noting that culturally sensitive and universally appropriate Spanish-language materials for this diverse population are difficult to obtain. Many do not take culture, linguistics, and other factors that may influence health behaviors into consideration. The final section lists sources that produce or distribute health promotion materials for Pacific Islander populations. Sources of information on AIDS, diabetes, hepatitis, sexually transmitted diseases, and thalassemia, as well as other health areas are included. Each section offers a brief introduction, a listing of subject topics, and the organizations or publishers that serve as sources for the materials. Under each organization, some representative publications or audiovisual materials are listed and briefly annotated.
CHID Accession Number: DD DC 06749.

Staying Fit with Kidney Disease

(Rehabilitation Brochure Series, Number 12)
New York, NY: National Kidney Foundation. 1999. 5 p.
Available from National Kidney Foundation. 30 East 33rd Street, Suite 1100, New York, NY 10016. Phone: (800) 622-9010 or (212) 889-2210. Fax: (212) 689-9261. Email: info@kidney.org
Website: <http://www.kidney.org> PRICE: Single copy free; bulk copies available.

In the past, people thought that patients with kidney disease would not be able to join in vigorous activity. Current thinking supports the idea that patients who decide to follow an exercise

program have an increase in strength and energy. This brochure from the National Kidney Foundation (NKF) focuses on strategies to stay fit with kidney disease. Prior to the availability of erythropoietin (EPO), people often felt tired and weak and had difficulty exercising because of anemia. Now anemia can be treated, and patients feel more like exercising and are able to be more active and achieve better results. In addition to increased energy levels, other benefits from exercise can include improved physical function, better blood pressure control, improved muscle strength, lowered level of blood fats (cholesterol and triglycerides), better sleep, and better control of body weight. In addition, patients who exercise are less depressed and worry less, are more able to do things for themselves, and feel better about themselves. Patients are encouraged to consult with their health care providers before starting an exercise program. The brochure notes that patients should then look at four aspects of the exercise program: the type of exercise, the length of time spent exercising, how often the exercise will happen, and how hard the exercise should be. The brochure also reviews the symptoms of too much exercising and the times when patients should not exercise. The brochure concludes with a list of instructional materials available from the NKF and a brief description of the activities of the organization (including their website at www.kidney.org).
CHID Accession Number: KU BR 08422.

Symptoms of Anemia

Ortho Biotech. ("Kidney Care: Finding Your Strength.")
Available from American Association of Kidney Patients (AAKP). 3505 East Frontage Road, Suite 315, Tampa, FL 33607. Phone: (800) 749-2257 or (813) 636-8100. Fax: (813) 636-8122. Email: info@aakp.org Website: <http://www.aakp.org>

This brochure describes symptoms of anemia and how it can be treated, and also focuses on other health care issues that may result in kidney disease, including high blood pressure and diabetes. In addition, it features topics to discuss with your doctor and a brief glossary of terms related to anemia and common medical tests.

Taking Charge of Your Health: A Guide for African Americans at Risk for Kidney Disease

Kidney Foundation of Greater Cincinnati. Ohio Valley LifeCenter.
Cincinnati, OH: Kidney Foundation of Greater Cincinnati. 199x.
Available from Kidney Foundation of Greater Cincinnati. 220 Victory Parkway, Suite 510, Cincinnati, OH 45206. Phone: (513) 961-8105. Fax: (513) 961-8120. PRICE: Single copy free.

This information packet provides a variety of health promotion materials, primarily on kidney disease, high blood pressure (hypertension), and organ donation, designed to educate African Americans about their particular health risks. The packet includes brochures on a medication aid program, urinary tract disorders (Scriptographic booklet, featuring simple cartoon drawings and nontechnical language), kidney dialysis and transplants (Scriptographic booklet), organ and tissue donation (Scriptographic booklet), treatment options for kidney failure, peritoneal dialysis (PD) catheter analysis, a general guide on kidney disease (from the American Kidney Fund), facts about kidney stones, a guide for the dentist about the dialysis patient, central line access for

hemodialysis, high blood pressure and kidney disease (a brochure specifically targeting African Americans), diabetes and kidney disease (also specifically targeting African Americans), and four brochures from the African American Health Education Program of the Kidney Foundation of Greater Cincinnati (covering the role of the kidneys, diabetes, high blood pressure, and the health program itself). The packet also includes fact sheets for people with kidney disease on getting the right amount of protein, limiting fluid, balancing calcium and phosphorus, and eating a safe amount of potassium. The materials are presented in a brightly colored folder, with basic information reiterated on the flaps of the folder.

CHID Accession Number: KU DC 07960.

Ten Facts About African Americans and Kidney Disease

New York, NY: National Kidney Foundation. 2002.

Available from National Kidney Foundation. 30 East 33rd Street, Suite 1100, New York, NY 10016. Phone: (800) 622-9010 or (212) 889-2210. Fax: (212) 689-9261.

Email: info@kidney.org PRICE: Single copy free; bulk copies available.

Available online at <http://www.kidney.org/general/news/african-american.cfm>

This fact sheet states that African Americans suffer from kidney disease disproportionately, and at an earlier age; that the most common cause of kidney disease in African Americans is diabetes, and that diabetes is a growing problem in this population, which is more likely to develop kidney disease as a result of having diabetes; that high blood pressure is another leading cause of kidney disease among African Americans, who also suffer from high blood pressure disproportionately; and that education about this risk needs to be increased. These diseases may be preventable if those at risk are informed early enough. 4 references.

Ten Facts About Diabetes and Kidney Disease

New York, NY: National Kidney Foundation. 2002.

Available from National Kidney Foundation. 30 East 33rd Street, Suite 1100, New York, NY 10016. Phone: (800) 622-9010 or (212) 889-2210. Fax: (212) 689-9261.

Email: info@kidney.org PRICE: Single copy free; bulk copies available.

Available online at: http://www.kidney.org/general/news/10facts_ckd.cfm

This fact sheet describes the epidemiology of diabetes, its manifestations in two types and as gestational diabetes, its disproportionate appearance among certain minority groups, its risk factors, how it causes kidney disease, the effect of high blood pressure, the symptoms of diabetic kidney disease, and its prevention. 4 references.

Ten Tests Used for Diagnosing Kidney Disease

New York, NY: National Kidney Foundation. 2002.

Available from National Kidney Foundation. 30 East 33rd Street, Suite 1100, New York, NY 10016. Phone: (800) 622-9010 or (212) 889-2210. Fax: (212) 689-9261.

Email: info@kidney.org PRICE: Single copy free; bulk copies available.

Available online at: <http://www.kidney.org/general/news/kidneytests.cfm>

This fact sheet describes the tests that are used to diagnose kidney disease, including: blood tests for serum creatinine, glomerular filtration rate, and blood urea nitrogen; ultrasound and CT scan; kidney biopsy; and urine tests such as urinalysis, urine protein, microalbuminuria, and creatinine clearance.

Understanding Anemia in Chronic Kidney Disease

Ortho Biotech. ("Kidney Care: Finding Your Strength.")

Available from American Association of Kidney Patients (AAKP). 3505 East Frontage Road, Suite 315, Tampa, FL 33607. Phone: (800) 749-2257 or (813) 636-8100. Fax: (813) 636-8122.

Email: info@aakp.org Website: <http://www.aakp.org>

This educational brochure offers guidelines for patients with chronic kidney disease and includes helpful tips on subjects such as diet and exercise. It also describes with diagrams how anemia forms in patients with kidney disease.

Understanding Your Complete Blood Count

Ortho Biotech. ("Kidney Care: Finding Your Strength.")

Available from American Association of Kidney Patients (AAKP). 3505 East Frontage Road, Suite 315, Tampa, FL 33607. Phone: (800) 749-2257 or (813) 636-8100. Fax: (813) 636-8122.

Email: info@aakp.org Website: <http://www.aakp.org>

This booklet describes the complete blood count (CBC) test and how it is performed. Readers will learn what the test measures and how it detects anemia. The booklet also provides a sample CBC test and indicates what the numbers mean.

Vital Information: Kidney Disease Strikes African Americans. You Can Strike Back

Rockville, MD: American Kidney Fund. 199x. 4 p.

Available from American Kidney Fund. 6110 Executive Boulevard, Suite 1010, Rockville, MD 20852. Phone: (800) 638-8299 or (301) 881-3052. Fax: (301) 881-0898.

Email: helpline@akfinc.org PRICE: Single copy free.

The African-American population is hit especially hard by kidney failure. This brochure reminds readers of the risk factors and warning signs of kidney disease. High blood pressure and diabetes are the leading causes of kidney failure. African Americans get high blood pressure (hypertension) more often, more severely, and at younger ages than other groups. Black Americans are also more likely to have diabetes and develop serious complications of diabetes. The brochure lists the warning signs of kidney disease, including swelling of parts of the body, especially around the eyes or ankles, pain in the lower back, burning or unusual sensation during urination, bloody or coffee colored urine, urinating more often (especially at night), feeling listless or tired, and high blood pressure. However, the brochure cautions that one can feel perfectly fine and still have kidney disease. The brochure provides recommendations for people who have high blood pressure and for those who have diabetes. The brochure also briefly describes the activities and goals of the American Kidney Fund, including its educational programs and direct financial assistance. The brochure includes a self-mailer with which readers can request additional information, donate to the American Kidney Fund, or volunteer for the American Kidney Fund.

CHID Accession Number: KU BR 07111.

Warm Weather Health Tips

Painter, T.

Stadtlanders Lifetimes. Issue 1: 36-37. 2000.

Available from Stadtlanders Lifetimes. Stadtlanders Pharmacy, 600 Penn Center Boulevard, Pittsburgh, PA 15235-5810. Email: ltimes@stadtlander.com

This patient education article, from a newsletter for people with kidney disease, reminds readers of the health problems that can be associated with summer weather. The author cautions that dehydration can occur if one does not drink enough liquids to replace the fluids that the body is losing during warm weather or during heavy activity. Fluids can be replaced by drinking water, fruit juices, Gatorade, sport drinks, caffeine-free soft drinks, or gelatin water. Heat cramps, heat exhaustion, and heat stroke are three conditions that can occur in warm weather, particularly during strenuous activity or accompanying dehydration. Heat cramps are painful spasms of the large muscles caused by exercise. Heat exhaustion causes weakness, loss of energy, anxiety, nausea, vomiting, headache, dizziness, cold and clammy skin, and faintness. Heat stroke is a life threatening form of heat exhaustion with symptoms of headache, slurred speech, dizziness, confusion, hot flushed skin, rapid heart rate, seizures, or coma. Another common warm weather problem is sunburn caused by exposing the skin to the harmful rays of the sun without proper protection. Transplant recipients have a greater chance of developing skin and lip cancers because of the immunosuppressants they must take to prevent organ rejection. Other medications can cause the skin to be more sensitive than usual to the sun, therefore allowing sunburn more easily; these include tetracycline, sulfamethoxazole trimethoprim (Septra, Bactrim), diuretics, hypoglycemics, and medications used to treat some cancers. Simple precautions can prevent most cases of severe sunburn and protect the skin from the long-term hazards of skin cancer and premature aging. A final section of the article reminds readers to store their medications in a

cool, dry place, protected from light and out of the reach of children. Excessive heat (such as that encountered in a closed car during the summer) may cause the medications to lose their potency. CHID Accession Number: KU JA 08657.

What Everyone Should Know About Kidneys and Kidney Diseases. [Lo Qué Todo el Mundo Debe Saber Sobre los Rinones y las Enfermedades del Rinon]

(English. Spanish.)

South Deerfield, MA: Channing L. Bete Co., Inc. 2000. 15 p.

Available from National Kidney Foundation. 30 East 33rd Street, Suite 1100, New York, NY 10016. Phone: (800) 622-9010 or (212) 889-2210. Fax: (212) 689-9261. Email: info@kidney.org Website: <http://www.kidney.org> PRICE: Single copy free; \$33 for 100 copies.

This health education booklet reviews the functioning (physiology) of kidneys and what happens when kidneys are damaged or diseased. The kidneys help remove waste and excess fluid, filter the blood, and help regulate blood pressure and the amount of certain nutrients in the body (such as calcium and potassium). Kidneys can become so damaged from disease or injury that they can no longer clean waste products; this can lead to acute or chronic kidney failure. The brochure, illustrated with simple cartoon line drawings, briefly reviews the types and causes of kidney diseases, including pyelonephritis, glomerulonephritis, kidney stones, nephrotic syndrome, cysts, high blood pressure (hypertension), diabetes, and exposure to toxic materials (nephrotoxicity). The brochure emphasizes early detection is the key to preventing serious problems. Readers are encouraged to watch for the symptoms and warning signs of kidney disease, including high blood pressure, blood or protein in the urine, abnormal blood tests, the frequent need to urinate (especially at night), difficult or painful urination, and puffiness around the eyes or swelling of the hands and feet (especially in children). Kidney disease treatments include diet therapy, surgery, medications, shock waves (for kidney stones), dialysis (hemodialysis and peritoneal dialysis), and kidney transplantation (with its accompanying, lifelong immunosuppressive drug therapy regimen). The brochure concludes with a section of recommendations to help prevent kidney disease: drink plenty of fluid, prevent or treat diabetes and hypertension, eat a well-balanced diet, treat wounds and infections, and limit exposure to heavy metals and toxic chemicals. The booklet concludes with contact information for national organizations that deal with kidney disease. 18 references.

CHID Accession Number: KU BR 09062.

What You Need To Know About Anemia and Chronic Kidney Disease

New York, NY: National Kidney Foundation.

Available from the National Kidney Foundation. 30 East 33rd Street, Suite 1100, New York, NY 10016. Phone: (800) 622-9010 or (212) 889-2210. Fax: (212) 689-9261.

Email: info@kidney.org Website: <http://www.kidney.org>

Reduced kidney function is a major cause of anemia. Many people suffer needlessly from anemia that goes undiagnosed. This brochure explains the relationship between anemia and the kidneys and urges people to be tested for chronic kidney disease. It explains how anemia can be treated and the importance of treatment not only for well-being but also for lowering the risk of cardiovascular disease.

What You Need To Know About Chronic Kidney Disease

(Chronic Kidney Disease Facts Series.)

New York, NY: National Kidney Foundation. 2002. 6 p.

Available from the National Kidney Foundation. 30 East 33rd Street, Suite 1100, New York, NY 10016. Phone: (800) 622-9010 or (212) 889-2210. Fax: (212) 689-9261.

Email: info@kidney.org Website: <http://www.kidney.org>

This brochure gives information about the prevention, detection, and treatment of chronic kidney disease, and is based on the National Kidney Foundation's Kidney Disease Outcomes Quality Initiative (K/DOQI) Clinical Practice Guidelines. The fact sheet describes the function of the kidneys, defines chronic kidney disease and its causes and symptoms, lists those who are at increased risk for kidney disease, gives information about the tests used in diagnosis, gives prevention hints, discusses treatment options, tells how the progression of kidney disease may be slowed, and discusses coping with a chronic illness. Key points are summarized at the end.

What You Need To Know About Urinalysis

New York: National Kidney Foundation

Available from the National Kidney Foundation. 30 East 33rd Street, Suite 1100, New York, NY 10016. Phone: (800) 622-9010 or (212) 889-2210. Fax: (212) 689-9261.

Email: info@kidney.org Website: <http://www.kidney.org>

This brochure describes what a urinalysis is and how it is used to detect diseases and problems in many parts of the body, including the kidneys. The three parts of the urinalysis are described: the visual examination of the urine sample; the dipstick examination, used to check pH, protein content, urine creatinine, glucose, bacteria, and bilirubin; and the microscopic examination, which checks the incidence of red and white blood cells, bacteria, protein casts, and crystals. Risk groups for whom getting a regular urinalysis is particularly important are listed. Other questions addressed are how the urinalysis is done, whether drugs and vitamins can affect results, the cost and time factors, and the implications of protein and/or blood in the urine. The treatment of kidney disease is discussed very briefly.

What You Need To Know When You Have Chronic Kidney Disease

New York: National Kidney Foundation. 2002. 31 p.

Available from the National Kidney Foundation. 30 East 33rd Street, Suite 1100, New York, NY

10016. Phone: (800) 622-9010 or (212) 889-2210. Fax: (212) 689-9261. Email: info@kidney.org
Order online at http://www.kidney.org/misc/kdoqi_cart/itemDetail.cfm?id=132
Price: \$2. Order number: #K/DOQI-132.

This booklet is part of the "Getting the Most from Your Treatment" series. It describes why it is important to be active in your own care, changes you may need to make in your diet, how to help prevent bone disease and heart problems, how treatment for anemia helps you maintain your overall health, when you need to start treatment for kidney failure, the different options for the treatment of kidney failure, and other resources that can help you.

Winning the Fight Against the Silent Killers

New York: National Kidney Foundation.

Available from the National Kidney Foundation. 30 East 33rd Street, Suite 1100, New York, NY 10016. Phone: (800) 622-9010 or (212) 889-2210. Fax: (212) 689-9261. Email: info@kidney.org
Website: <http://www.kidney.org>

This brochure discusses the increased risk of high blood pressure and diabetes in African Americans and provides information about what can be done to prevent the serious complications of heart disease, strokes, and kidney disease.

Your Child and Chronic Kidney Failure **[Votre enfant et l'insuffisance rénale chronique]**

(English. French.)

Montreal, Quebec: Kidney Foundation of Canada. 1998. 31 p.

Available from Kidney Foundation of Canada. 300-5165, rue Sherbrooke Ouest, Montreal, Quebec H4A 1T6 CANADA. Phone: (514) 369-4806. Fax: (514) 369-2472. Email: webmaster@kidney.ca Website: <http://www.kidney.ca> PRICE: \$5 Canadian, plus shipping and handling.

This booklet provides information for parents whose child was recently diagnosed with chronic kidney (or renal) failure. The booklet describes chronic kidney failure and the treatments used to manage it, including dialysis and transplantation. Parents learn how medications can help the child and why a proper diet is an important part of the treatment. The booklet describes ways to help the child's emotional health and well being and notes the services that are available to help the child and his or her family. Finally, the booklet offers suggestions for parents who wish to obtain more information about chronic kidney failure. Line drawings of families and medical settings illustrate the booklet. Medical terms used in the text are in bold text and are defined in a glossary at the end. The booklet includes space for parents to record useful telephone numbers of the members of the health care team. It concludes with the mission statement of the Kidney Foundation of Canada, a national volunteer organization dedicated to improving the health and quality of life of people living with kidney disease. The booklet is available in either English or French.

CHID Accession Number: KU BR 07872.

Your Kidneys [Vos reins]

(English. French.)

Montreal, Quebec: Kidney Foundation of Canada. 199x. 4 p.

Available from Kidney Foundation of Canada. 300-5165, rue Sherbrooke Ouest, Montreal, Quebec H4A 1T6 CANADA. Phone: (514) 369-4806. Fax: (514) 369-2472.

Website: <http://www.kidney.ca> PRICE: Single copy free.

This brochure answers common questions about the anatomy and physiology of the kidneys. Kidneys regulate water, remove wastes, balance the body's chemicals, help build bones, and produce hormones (such as renin and erythropoietin). Every minute, about one liter of blood (one fifth of all the blood pumped by the heart) enters the kidneys through the renal arteries. The blood then runs through tiny filtering units of the kidney, called nephrons. The nephrons either save substances the body needs or they eliminate excess nutrients, water, and waste products as urine. The brochure reviews the interplay between hypertension and kidney disease, describes the physiological role of the kidneys and why they are so important, and explains what happens if the kidneys fail. The brochure also provides suggestions for healthier living to treat or prevent kidney diseases. One section reviews the warning signs of kidney disease. The brochure concludes with a brief description of the Kidney Foundation of Canada, including patient services and public education programs. 1 figure.

CHID Accession Number: KU BR 07840.

Your Kidneys and Diabetes: African American Health Education Program

Cincinnati, OH: Kidney Foundation of Greater Cincinnati. 1997. 1 p.

Available from Kidney Foundation of Greater Cincinnati. 220 Victory Parkway, Suite 510, Cincinnati, OH 45206. Phone: (513) 961-8105. Fax: (513) 961-8120. PRICE: Single copy free.

This brochure, from the African American Health Education program of the Kidney Foundation of Greater Cincinnati, discusses kidneys and diabetes mellitus. This program was specially designed for adults and children in the African-American community at risk for kidney disease, particularly those who have, or who are at risk of having, high blood pressure or diabetes. The mission of the program is to prevent or slow the onset of kidney disease within the African-American community through ministry, education, and counseling. The brochure answers common questions about diabetes, including a definition of the condition, risk factors for diabetes (including being African American, overweight, female, over the age of 45, lacking in exercise, having a family member with diabetes, or having a baby weighing 9 pounds or more at birth), the chances of having kidney disease if diabetes is present, the early signs of kidney disease in people with diabetes, how people with diabetes can prevent diabetes complications, and treatment options for kidney diseases caused by diabetes mellitus (diabetic nephropathy). The brochure is written in nontechnical language.

CHID Accession Number: KU BR 07945.

Your Kidneys and High Blood Pressure: African American Health Education Program

Cincinnati, OH: Kidney Foundation of Greater Cincinnati. 1997. 1 p.

Available from Kidney Foundation of Greater Cincinnati. 220 Victory Parkway, Suite 510, Cincinnati, OH 45206. Phone: (513) 961-8105. Fax: (513) 961-8120. PRICE: Single copy free.

This brochure, from the African American Health Education Program of the Kidney Foundation of Greater Cincinnati, discusses kidneys and high blood pressure. This program was specially designed for adults and children in the African-American community at risk for kidney disease, particularly those who have, or who are at risk of having, high blood pressure or diabetes. The mission of the program is to prevent or slow the onset of kidney disease within the African-American community through ministry, education, and counseling. The brochure answers common questions about blood pressure, including why measuring blood pressure is important, the problems associated with high blood pressure, factors that contribute to high blood pressure (including heredity, age, race, obesity, and sensitivity to salt), how to lower the risks associated with high blood pressure, and how to tell if one's blood pressure is high. The brochure stresses that people with kidney disease due to diabetes who control their blood pressure are half as likely to lose kidney function. The brochure includes a checklist of strategies to employ after finding out that high blood pressure is present. These strategies include the following: have blood pressure checked regularly, maintain appropriate weight levels, do not use excessive salt, do not smoke cigarettes, eat a low fat diet, take medications exactly as prescribed, see a health care provider regularly, and follow the physician's advice about exercise.

CHID Accession Number: KU BR 07944.

Your Kidneys and How They Work

Bethesda, MD: National Kidney and Urologic Diseases Information Clearinghouse (NKUDIC), National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK), National Institutes of Health. 1998. 8 p.

Available from NKUDIC. 3 Information Way, Bethesda, MD 20892-3580. Phone: (800) 891-5390 or (301) 654-4415. Fax: (301) 907-8906. Email: nkudic@info.niddk.nih.gov PRICE: Single copy free. Website: <http://www.niddk.nih.gov/health/kidney/pubs/yourkids/index.htm>

This fact sheet describes the kidneys and their many functions in the body; including keeping the blood clean and chemically balanced. Wastes in the blood come from the normal breakdown of active muscle and from food. The body uses the food for energy and self repair. After the body has taken what it needs from the food, waste is sent to the blood. If the kidneys did not remove these wastes, the wastes would build up in the blood and damage the body. In addition to removing wastes, the kidneys release three important hormones: erythropoietin (which stimulates the bones to make red blood cells), renin (which regulates blood pressure), and the active form of vitamin D, which helps maintain calcium for bones and for normal chemical balance. The fact sheet explores why kidneys fail, discussing diabetic nephropathy, high blood pressure (hypertension), inherited and congenital kidney diseases, and other causes of kidney disease (trauma, nephrotoxicity). The fact sheet also outlines the ways kidneys fail, including acute renal

failure, chronic renal failure, end-stage renal disease (ESRD); the signs of kidney disease; diagnostic tests used to confirm and classify renal disease; how kidney disease is treated, through diet modification (protein, cholesterol, sodium, potassium) and treating anemia; and the options for patients whose kidneys have failed completely, including dialysis and transplantation. For people in the early stages of renal disease, remaining renal function may be preserved for many years by controlling blood sugar and blood pressure, following a low protein diet, maintaining healthy levels of cholesterol in the blood, and taking an ACE (angiotensin-converting enzyme) inhibitor (for patients with diabetes). The fact sheet concludes with a brief description of advances being made in the treatment of and research about kidney disease. A brief description of the National Kidney and Urologic Diseases Information Clearinghouse is also included. The fact sheet is written in nontechnical language and is illustrated with simple line drawings of renal anatomy. 6 figures.

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Your Kidneys: Master Chemists of the Body

New York, NY: National Kidney Foundation. 1996. 14 p.

Available from the National Kidney Foundation. 30 East 33rd Street, Suite 1100, New York, NY 10016. Phone: (800) 622-9010 or (212) 889-2210. Fax: (212) 689-9261. Email: info@kidney.org
Website: <http://www.kidney.org> PRICE: Single copy free; bulk copies available.

The schematic drawings of the urinary system in this booklet describe the location of the kidneys in the body and the kidney filtering system. Types and causes of kidney disease are also discussed including diabetes, high blood pressure, glomerulonephritis, polycystic kidney disease, kidney stones, urinary tract infections, and congenital diseases. The warning signs of kidney disease and the treatments available for advanced kidney failure are briefly considered.

Your Kidneys: Ten Tips on How They Keep Your Body Healthy

New York, NY: National Kidney Foundation. 1996. 14 p.

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Website: <http://www.kidney.org> PRICE: Single copy free; bulk copies available.
Available online at http://www.kidney.org/general/news/kidney_tips.cfm

This fact sheet discusses facts about the kidneys and ways that they function to keep the body working, including filtering waste products and excess fluid from the blood; how kidney failure occurs; the leading causes of kidney failure; and the ways in which kidney failure can be prevented or treated.